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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 25

SPAIN INTO EURO 2012 FINAL

THE DEFENDING CHAMPIONS NEEDED PENALTY KICKS TO FINALLY KNOCK OUT THEIR RIVALS FROM PORTUGAL PAGE 38

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Fast lane to safe cycling

New initiative. ICBC, cycling coalition team up for standardized bike training

MATT KIELTYKA
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As British Columbia expands its cycling infrastructure, isn't it time to teach people how to use it?

That's the premise behind a new initiative between ICBC and the B.C. Cycling Coalition (BCCC), which are working together to implement a province-wide bike-training program meant to teach cyclists how to stay safe in the nerve-racking and sometimes dangerous urban jungle.

Right to Bike will be based on similar standardized, certified training courses in Europe designed to bring cyclists up to speed on everything from basic bike skills to best practices and the rules of the road.

"There's a lot of cycling projects and infrastructure being put in place designed to get people out of their car," explained BCCC spokesperson Adrian Bell. "But there's a gap. It's a big leap to ask people to give up their car. They might be interested but are concerned about riding in traffic or they have one horrible experience and may never do it again."

Bell, who helped set up a similar program in his native United Kingdom called Bikeability, says courses could be up and running in communities by next spring.

Three courses are expected to be offered: The first teaches people how to simply use and maintain a bicycle, the second takes riders out on public roads and the third course gives riders advanced tips for heavy traffic and urban settings.

Bell said even seasoned cyclists have a lot to learn.

"I've been cycling for decades and took an advanced training course (in the U.K.) and learned a lot about positioning that I didn't know," he said. "So there is a lot to learn for everyone. The courses equip you with the tools to take into commuter traffic and feel confident and safe."

Right to Bike was announced Wednesday at the Velo-City Global conference in Vancouver, and has the support of organizations and governments including Vancouver Mayor Gregor Robertson, the Vancouver School Board, Fraser Health and TransLink.

Follow Matt Kieltyka on Twitter @Mkieltyka

A cyclist stops at a light on the Hornby Street separated bike lane Wednesday afternoon. ICBC and the B.C. Cycling Coalition announced a joint push to implement a provincewide cyclist-education program. PHYLICIA TORREVILLAS/METRO

Teachers: Kind of a big deal

Ongoing fight set to become an election issue despite new tentative agreement PAGE 3

No survivors in mall collapse

Sorrow hits Elliot Lake, Ont., residents and rescue workers as dead bodies are removed from the rubble PAGE 10

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Java burn

Woman sues McDonald's after hot-coffee spill

A Surrey student is suing McDonald's Restaurants of Canada after she says a hot coffee spilled in her lap, causing burns to her body and disturbing her mental health.

A statement of claim filed with B.C. Supreme Court says Nansy Saad stopped by a McDonald's drive-thru for a coffee on the evening of Nov. 1, 2011.

As the drive-thru attendant passed her the beverage, the lid came off the cup and hot liquid spilled into her lap, the statement reads.

None of the claims have been proven in court and McDonald's has not yet filed a response.

Saad alleges the attendant's failure to affix the lid — and the restaurant's failure to ensure her safety in using their product — resulted in burns to her thighs, genitals and abdomen.

The statement also says the incident has had long-term effects on her mental health. She says she suffers from post-traumatic stress disorder and body dysmorphic disorder, a condition that causes a person to obsess over body image.

She is seeking an award for non-pecuniary damages, past and future special damages, loss of past and future income, loss of earning capacity and past and future health-care costs.

The statement was filed in B.C. Supreme Court on June 5.

In the 1990s, a similar case was brought forward in New Mexico courts. Stella Liebeck sued the restaurant and won after she was severely burned when she spilled a scalding McDonald's coffee in her lap.

ELIZABETH HAMES/METRO

B.C. Teachers Federation president Susan Lambert speaks to the media in Vancouver on Wednesday after the union agreed to a tentative two-year deal with its employer. MATT KIELTYKA/METRO

Teachers set to become major election issue

Contract. New tentative agreement expires soon after provincial election

MATT KIELTYKA
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Teachers may have a new tentative contract, but their ongoing fight with the province will weigh heavily on the next election and beyond.

The B.C. Teachers Federation (BCTF) and British Columbia Public School Employers' Association ended a tumultuous yearlong dispute on Tuesday night by agreeing to a mediated tentative deal, which is set to expire June 30, 2013.

That means teachers will be back at the bargaining table with the winner of the May 14 provincial election, immediately handing the new government — Liberal or NDP — its first major test.

Though she admitted the union's relationship with the Liberals is strained after a decade of fighting, BCTF president Susan Lambert said Wednesday that an NDP win would be no guarantee of friendly relations with the government.

"That's going to be very tricky," Lambert said. "Whatever government is in power, our first obligation is to the students and the system. We will be strenuously advocating no matter the political stripes in the legislature."

NDP Leader Adrian Dix said public education deserves more attention from government, but he wouldn't say whether an NDP government would pour more resources in the sector or offer teachers a raise. But he would allow teachers to "open up the debate" on class size and composition.

"The NDP would form a government that is committed to public education, but that doesn't mean negotiations will be easy," he said. "We've had 10 years of government engaging in partisan battles with teachers. Respect hasn't been given."

Education Minister George Abbott said the Liberals, now that they've agreed to a tentative deal, are determined to repair relations with the BCTF.

"We have long-term dysfunction in that relationship, and I do hope in this interval we can take the opportunity to build a more mature and constructive relationship between the parties," he said.

Follow Matt Kieltyka on Twitter @Mkieltyka

At long last, a deal

- Teachers are set to vote on the retroactive two-year deal by Friday.
- There will be no wage increases, but the BCTF says modest strides have been made in benefits and leave provisions.
- BCTF president Susan Lambert said mediator Charles Jago lacked experience but brought integrity to the table.
- The BCTF also announced a legal challenge to Bill 22 on Wednesday.

1 NEWS

On the web

Society can take the heat, says ExxonMobil CEO

Rex Tillerson, CEO of ExxonMobil, says society will be able to adapt to the warming of the planet caused by the burning of fossil fuels, and he blames an "illiterate" public and "lazy" press for the spread of "misconceptions." Go to metronews.ca to read the full story.

Mobile news

A softer side to all the rucking and mauling: Members of Canada's women's rugby team have bared all in a calendar aimed at promoting positive body image and raising cash before the Summer Olympics in 2016. Scan the code to read the full story.

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VPD beefs up patrols after second Stanley Park arson

Security. Damage from Tuesday's fires estimated at $70K

PHYLICIA TORREVILLAS
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Vancouver police and the parks board will be bumping up security in Stanley Park yet again after a second arson in less than a week.

Shortly before 10:30 p.m. Tuesday, crews responded to calls of a fire on Vancouver Parks Board property, close to the Vancouver police mounted unit and the Triple A Horse and Carriage stables.

VPD spokesperson Lindsey Houghton said the incident could've been tragic if the fire had spread to the horse stables.

"It is one thing to have a car or a truck burned, but (Tuesday) night there was the very real potential that we could have lost (eight police horses) as well as all of the Triple A horses and destroyed someone's livelihood," he added.

He said extra uniformed and plainclothes police officers will be patrolling the park.

When fire crews arrived at the scene, they discovered a parks-board service vehicle fully engulfed in flames and two others catching fire. The blaze left a nearby tool shed with minor damage. Total damage is estimated at $70,000.

"There is no indication that it was started by someone living in the park, based on what we recovered at the scene," Houghton said.

Investigators haven't made connections with the latest blaze to last week's arson, which destroyed the replica station house at the park's miniature train attraction, he added.

Parks-board commissioner Sarah Blyth said the park beefed up security after that fire, and will add more park rangers on patrol following the latest incident.

She added park staff are currently making plans to rebuild the station house.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

A parks-board facility-maintenance operator cleans up the remaining rubble left after a fire destroyed a Vancouver parks-board vehicle and damaged two others near the Vancouver police mounted unit and the Triple A Horse and Carriage stables in Stanley Park. PHYLICIA TORREVILLAS/METRO

Evacuation alert as Kootenay Lake hits highest levels in 40 years

While the flood situation in much of British Columbia is easing, high-water problems in the southeast of the province are getting worse.

The water level in Kootenay Lake has risen to its highest level in 40 years and many small rivers and streams in the area are rapidly rising.

Bill Macpherson from the Central Kootenay Regional District said the lake has risen five feet since June 1.

The water has forced the evacuation of one home and put residents at 60 other homes on evacuation alert.

"In those instances, it's water over roads that could keep people isolated, so it's more precautionary than anything else," said Macpherson.

Highway 31 along the north end of Kootenay Lake has one lane open after road crews worked to mitigate flooding, which had earlier closed the route.

In Sicamous, only 25 homes remain under an evacuation order after devastating floods hit the area over the weekend.

The Shuswap Emergency Program rescinded the order for part of the Two-Mile subdivision Tuesday night, just a few hours after residents in the Swansea Point area were allowed to return home.

At the peak, about 350 people were forced from their homes when a torrent of water washed through the community, burying vehicles and ripping a home from its foundation.

And while residents are returning, a "do not consume" order is in effect for tap water from the Mara Lake system and residents are being warned not to use it for drinking, cooking or washing dishes because even boiling will not remove possible contaminants.

Highway 97A remains closed to travel three and eight kilometres south of Sicamous, with only emergency vehicles getting through at the eight-kilometre mark.

The Canadian Red Cross is offering assistance to travellers caught in the floods in the Sicamous area and is assessing the needs of those stranded.

Much of the water that swamped the Interior over the weekend, including Sicamous, is making its way down the Fraser River through B.C.'s Lower Mainland.

The B.C. River Forecast Centre said the river through the Fraser Valley has begun to rise, mostly because of heavy rainfall and a rapid snowmelt that occurred over the weekend in the Thompson area.

"Another pulse of water is expected to travel downstream through this week," the forecast centre warns. "A rise in river levels is expected over the next few days, and levels are expected to reach their peak levels over the late-Thursday to Saturday period at Hope and the Friday-to-Sunday period around Mission and downstream."

Once that pulse has passed, the centre said water levels are expected to recede, unless more severe weather occurs.

With the preparation for floodwaters along the Fraser River, concern is growing about several "derelict vessels" breaking loose from their moorings as water levels peak.

THE CANADIAN PRESS

Blast

Two men injured after gas leak at compressor station

Two men have been injured after a natural-gas leak and flash fire at a pipeline compressor station about 160 kilometres northwest of Fort St. John.

A Transportation Safety Board investigator is being deployed to the Spectra Energy Transmission site, where the incident occurred Saturday.

Company spokeswoman Rosemary Silva says the two employees were doing maintenance work at the plant's compressor station when they were hurt.

She says one man was treated and released from a local hospital while another was transported to the burn unit at Vancouver General Hospital, where he remains in stable condition. THE CANADIAN PRESS

Nanaimo

Gnomes gone wild

It was a case of gnomes on the range in Nanaimo.

A collection of garden gnomes, other lawn ornaments, solar lights and a bird bath showed up in a common garden in the city Tuesday. The woman who found them says the pieces were "lovingly" arranged throughout the garden and appeared to have been taken from the yards of nearby residents. The Mounties say it was likely a prank.

A collection of lawn ornaments found at a common garden in Nanaimo. CONTRIBUTED/RCMP

THE CANADIAN PRESS

B.C. Court of Appeal

First Nation to appeal ruling on aboriginal title

A B.C. First Nation says it will appeal a court ruling that rejected its claim to aboriginal title over a sweeping area of its territorial land near Williams Lake.

The B.C. Court of Appeal ruled the Tsilhqot'in First Nation failed to identify specific sites that were held by its people, but the court also gave the band rights to hunt and trade on the land.

Tsilhqot'in Chief Joe Alphonse says forcing his people to identify individual sites within its territory would only split them up.. The Appeal Court judgment did uphold a lower-court ruling that logging in the area infringes on the First Nation's rights because it hurts the community's ability to hunt and trap.

THE CANADIAN PRESS

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Greenhouse-gas emissions. Minister won't guarantee B.C. will hit 2012 target

Environment Minister Terry Lake says British Columbia is cutting harmful greenhouse-gas emissions, but it faces challenges hitting its short-term and long-term climate targets.

Lake says B.C. has cut its emissions by 4.5 per cent since 2007, but he won't guarantee hitting the interim reduction target of six per cent by the end of this year.

When it comes to reaching B.C.'s legislated target of cutting emissions by 33 per cent by 2020, Lake says it's a challenge, but he still believes it can be done. The minister says B.C.'s efforts to increase public transportation, improve building standards and promote clean energy will help the province achieve its emission reduction targets.

While the provincial government announced a review of the carbon tax in February, Lake says the government has no plans to get rid of the tax.

The carbon tax is set to go up by another penny on Canada Day to almost seven cents per litre of gasoline.

THE CANADIAN PRESS

Last blast. Outspoken MLA calls it quits after 4 terms

The halls of British Columbia's legislature are about to get much quieter now that longtime Liberal MLA Kevin Krueger has announced he won't be running in next May's election.

Known for his booming voice, his often politically incorrect blasts and his knack for backing the rear end of his six-wheeled pickup truck onto the well-manicured legislature lawns, Krueger is calling it quits after four terms.

Krueger, who is 57 and was first elected in 1996, announced Wednesday in Kamloops that he won't be seeking re-election.

Speculation about the political futures of other long-serving Liberals now shifts to Finance Minister Kevin Falcon and Education Minister George Abbott, who have both suggested they are contemplating not running in May 2013.

Quoted

"Everyone who knows Kevin understands how hardworking he is, and they know his compassion and his uncompromised integrity."

Premier Christy Clark, in a statement

Premier Christy Clark issued a statement thanking Krueger for his service to the province and his granite-like integrity.

"Everyone who knows Kevin understands how hardworking he is, and they know his compassion and his uncompromised integrity," Clark said in a statement. "He stands up for what he believes, and we're lucky to have had his service for so long."

THE CANADIAN PRESS

Vancouver Province

Paper buckles after complaint: Cartoonist

A longtime cartoonist with the Vancouver Province says a video he posted satirizing Enbridge's claims about its Northern Gateway pipeline was pulled by the media outlet after the company complained.

Dan Murphy, who produces both videos and cartoons for the Province, says the animated video was taken down from the Province's website shortly after being posted last Friday. He says a newsroom supervisor told him the pipeline company had threatened to pull a million dollars worth of advertising if the video wasn't removed. Neither the Province nor Enbridge officials were immediately available for comment.

THE CANADIAN PRESS

Wild ride

Roller coaster crashes on highway

A semi-trailer hauling a carnival roller coaster went on a roller-coaster ride of its own after losing control on the Okanagan Connector highway east of Kelowna.

The big rig lost control on the steep hill about 14 kilometres east of Kelowna yesterday afternoon, forcing the driver to ditch in one of the gravel runaway lanes.

By the time the truck and coaster had come to a stop, the semi was flipped on its side, the driver was shaken but unhurt, and the coaster was damaged.

There's no word what will become of the roller coaster, which is believed to be part of a midway heading for West Kelowna for a Canada Day weekend event.

THE CANADIAN PRESS

A Jules Bistro bartender, who goes only by H., strains a "White Lady Guanjin," which took second place Wednesday in the Vancouver preliminaries of the MadeWithLove national mixology competition. KATE WEBB/METRO

Whose lime is it anyway?

Mixology competition. Chinatown inspires city's best bartenders to create new drinks

KATE WEBB
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Fourteen of Vancouver's most sophisticated cocktail shakers raced through Chinatown Wednesday afternoon on a mission: Buy all the ingredients for a delectable drink with $30 in less than 40 minutes.

While all of them will go on to compete in the B.C. preliminaries of the MadeWithLove national mixology competition in September, only the winner of Wednesday's faceoff, Keefer Bar's Keenan Hood, will get the advantage of working with his first choice of spirits.

The drinks were awarded points for originality, presentation and taste. At right, for your summer sipping pleasure, are the recipes for the top three drinks as chosen by a panel of judges representing the Canadian Professional Bartenders Association.

Follow Kate Webb on Twitter @MetroK8

Top three drinks

"Unpredicted Season" by Keenan Hood (Keefer Bar)
- 2 oz. Hornitos tequila
- 3/4 oz. lemon juice
- 1/2 oz. salted plum/anise and chrysanthemum syrup
- 1 egg white

Shake vigorously, double-strain into classic cocktail glass. Garnish with salted plum and anise clove.

"White Lady Guanjin" by H. (Jules Bistro)
- 2 oz. Chinese-black-rose-tea-infused Hendricks gin
- 1 oz. homemade triple sec (dried mandarin orange peel, Skyy vodka, sugar, Campari, Appleton rum)
- 1 oz. lemon juice
- 1 duck egg white

Shake and strain into a cocktail glass, garnish with lemon twist.

"Little Italy in Chinatown" by Rob Scope (Calabash Bistro)
- 1 1/2 oz. pandan-leaf-infused Hornitos tequila
- 1/2 oz. Lapsang-Souchong-tea-infused fireweed honey
- 1 bar spoon Italian plum preserve
- 1 oz. fresh lime juice

Serve on the rocks in a mason jar, garnish with pandan leaf.

Terry Fox's van goes on display

The beige econoline camper van that served as Terry Fox's home during his 1980 Marathon of Hope will be on display to the public over the Canada Day weekend.

The vehicle — marked with Fox's name and the purpose of his campaign — can be viewed in the lobby of the Canadian Museum of Civilization in Gatineau, Que., until July 3. Owned by the Fox family, it will be temporarily stored at the museum until a permanent display location can be found.

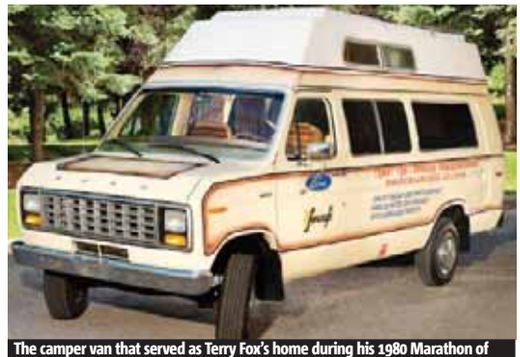
In 2008, the van was restored by the Ford Motor Co. to make it appear as it did during Terry's run.

The van became a familiar sight to Canadians who followed the Marathon of Hope, which began in April 1980, when Fox dipped his foot into the Atlantic Ocean in St. John's, N.L.

Fox's brother, Darrell — who drove the van along with friend Doug Alward — expressed relief that the museum will look after the vehicle.

In the fall of 1980, the van was sold to a new owner in London, Ont., who kept it until 1984. A second London resident owned the van and gave it to his son, who drove it to Vancouver in 2000 and used it as a touring vehicle for his heavy-metal band for seven years.

The econoline van was returned to the Fox family when Vancouver author Doug Coupland found out about the van's whereabouts.



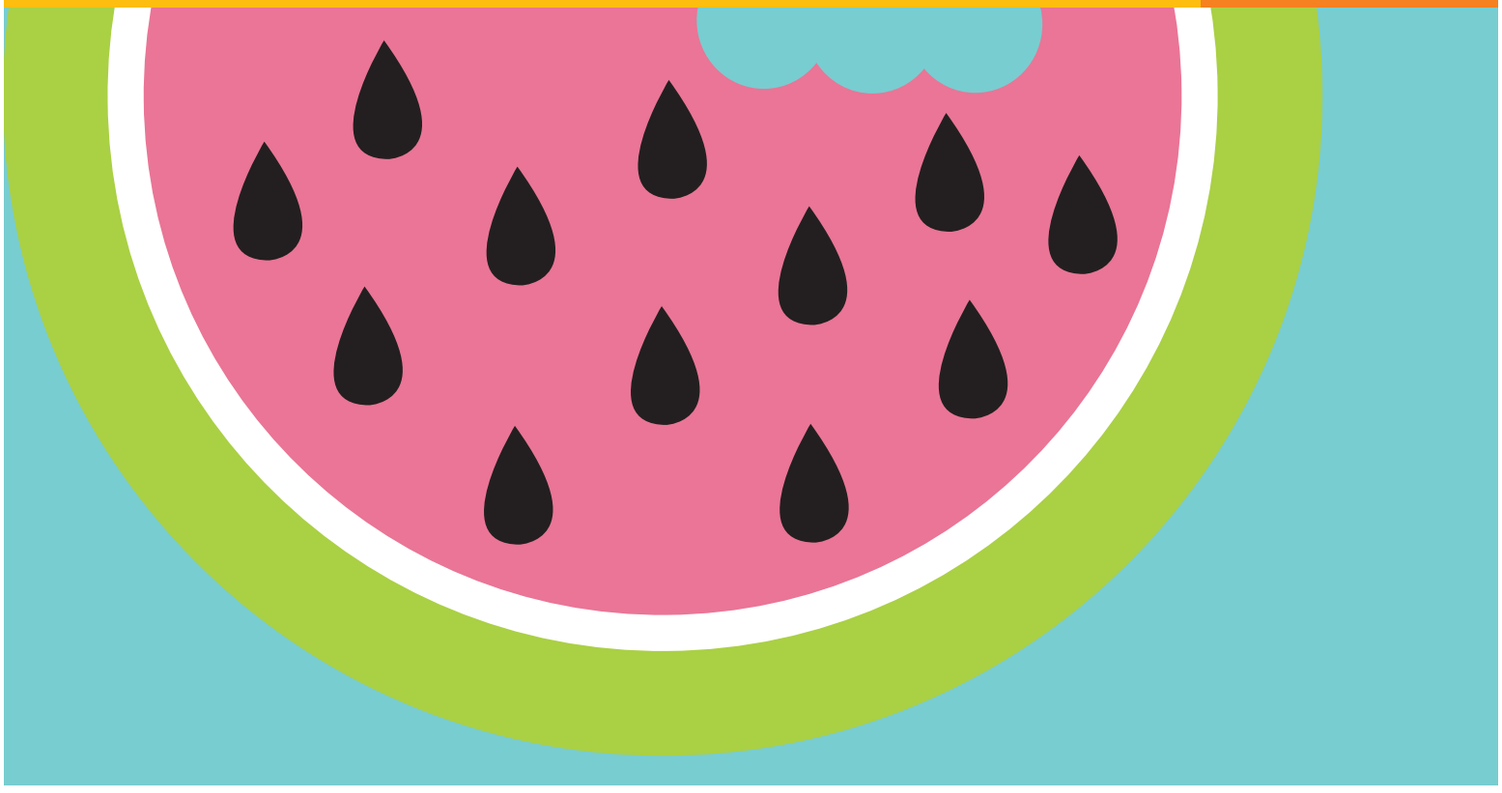
The camper van that served as Terry Fox's home during his 1980 Marathon of Hope. CHRIS UHLIG/CANADIAN MUSEUM OF CIVILIZATION

Coupland has written a book about Fox and also designed four bronze statues of the iconic runner that stand in downtown Vancouver.

THE CANADIAN PRESS

Summer in Clinique

2012



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Taliban video claims to show soldiers' heads

Cross-border raid. Taliban's bloody insurgency on Sunday shows group still poses a real security threat, analysts say

The Taliban released a video Wednesday that they say shows the heads of 17 Pakistani soldiers captured in a cross-border raid from Afghanistan this week and beheaded.

In violence Wednesday, a bomb in a railway station in Pakistan's southwest killed at least five people, police said, and the leader of an anti-Taliban militia was killed in Peshawar in the northwest.

The Pakistani Taliban's bloody cross-border raid Sunday night showed the threat still posed by the group, despite multiple army offensives. Increasingly, the militants have used sanctuaries in eastern Afghanistan to attack border areas in Pakistan's northwest.

Pakistan has criticized NATO and Afghan forces for not doing enough to stop the attacks, but it has received little sympathy. The Afghan government and its allies have long faulted Pakistan for failing to target Afghan Taliban militants and their allies who use Pakistani territory to launch attacks in Afghanistan.

The Pakistani and Afghan Taliban are allies, but the former has focused on fighting the Pakistani government, while the latter has concentrated on attacking foreign and local forces in Afghanistan.

The Pakistani Taliban said in the video that they killed 18 soldiers, but 17 heads were displayed on a bloody white sheet on the ground outside. Several militants whose faces were covered were standing around the heads, holding weapons they said were captured from the soldiers.

The Associated Press obtained the video by email Wednesday from Pakistani Taliban spokesman Ahsanullah Ahsan.

The beginning of the video contains a voice recording by Pakistani Taliban chief Hakimullah Mehsud in which he says the militants will continue to battle the army until Pakistan's government stops supporting the U.S. and enforces Islamic law throughout the country. It was unclear when the message was recorded.

The railway station bombed Wednesday was located in Sibbi city in Baluchistan province, said police official Qasim Salachi.

In addition to the five killed, 20 others were wounded, he said. The bomb went off just after a train had pulled into the station, and passengers were buying drinks and food.

No group has claimed responsibility for the attack.

THE ASSOCIATED PRESS

Update

- The Pakistani military said previously that 13 troops were killed in the cross-border raid into the country's northwest Upper Dir region, and seven of them were beheaded.
- Four others were reported missing at the time.
- The military did not immediately respond to request for comment on the video.

Mexican presidential candidate rides wave of support

The presidential candidate for Mexico's Institutional Revolutionary Party (PRI), Enrique Peña Nieto, waves at the crowd during an electoral rally in Toluca, Mexico, on Wednesday. Mexico will hold presidential elections on July 1. According to a poll released on June 26, Peña Nieto is leading the pack by 15 points just days ahead of the election, followed by leftist candidate Andres Manuel Lopez Obrador.

RONALDO SCHEMIDT/GETTY IMAGES

California city files for bankruptcy

A hotdog vendor waits for customers outside of the San Joaquin County courthouse on Wednesday in Stockton, Calif. JUSTIN SULLIVAN/GETTY IMAGES

A California city will be the largest in the U.S. to seek federal bankruptcy protection, a financial step of last resort that has reached its highest level among local governments in nearly two decades as the national economy continues to struggle.

Thirteen cities, counties and other government entities filed for bankruptcy protection last year. Stockton, a city of 290,000, is the seventh U.S. municipality to file this year.

"Filing bankruptcy is time-consuming, expensive and complicated," said James Spiotto, a Chicago bankruptcy attorney who tracks municipal bankruptcies. "And you never get the results you desire."

Since Congress added Chapter 9 to the bankruptcy code in 1937 to allow municipalities to seek protection, some 640 government entities have filed. Last year's 13 filings were the most since an equal number were filed in 1994.

By comparison, roughly 1.5 million Americans file for personal bankruptcy a year, while some 50,000 companies file for business bankruptcy.

Stockton City Manager Bob Deis said Tuesday that officials were left with little choice but to recommend bankruptcy after failing to reach finance agreements with creditors to address the city's $26-million US budget shortfall.

THE ASSOCIATED PRESS

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Afghan torture. Military police cleared, Tories' stalling tactics assailed

Canadian military police officers have been cleared of wrongdoing by a commission that investigated explosive allegations of prisoner torture in Afghan jails.

The commission concluded the cops were kept in the dark.

The issue rocked Canadian politics starting in 2007 and threatened to topple Prime Minister Stephen Harper's minority government in late 2009 — a fate the Conservatives avoided by shutting down Parliament.

The Military Police Complaints Commission, in a long-awaited report, concluded the officers had no grounds to open an investigation into the treatment of suspected Taliban prisoners after they were handed over to local authorities in Kandahar.

The watchdog agency said the police were kept out of the loop by the Ottawa-based overseas command that ran the war.

It did not share critical information and warnings that might have prompted an investigation, the agency said.

Both Amnesty and civil-liberties activists began sounding warnings about conditions in Afghan prisons in late 2005 when Canada decided to transfer prisoners captured during the combat mission to local authorities, rather than the U.S.

The commission ripped into Stephen Harper's Conservative government for blocking access to witnesses and documents and presenting "an overall attitude of antipathy ... toward the commission and its task." THE CANADIAN PRESS

Opposition outrage

Opposition critics were quick to condemn the government for its handling of the issue.

- **NDP.** Foreign affairs critic Paul Dewar said the government stonewalled efforts to get to the bottom of the matter.
- **Liberals.** Defence critic John McKay said the government tried to protect itself. "Prime Minister Harper yet again chose to look after Prime Minister Harper."

Drama on parade. Soldier falls and stabs himself with his own bayonet

A 20-year-old member of the Governor General's Foot Guards fell during a ceremonial parade on Parliament Hill Wednesday, stabbing himself in the forearm with his gun-mounted bayonet.

Capt. John-Hugh MacDonald, a spokesperson for the ceremonial guard, said the accident happened as the soldiers were leaving Parliament Hill at the end of the Changing of the Guards ceremony at about 10:30 a.m.

"He went onto a steel manhole cover while he was turning and that caused him to lose his footing," MacDonald said.

"He slipped and fell and was pierced by his bayonet in the left arm."

Paramedics described his injury as a "severe stab wound" and said it led to "severe blood loss."

MacDonald added: "The soldier is still in the hospital but he's in good spirits." METRO IN OTTAWA

Liberal race

Deborah Coyne's idea? A run for the leadership

Liberals heading into a leadership contest could face a choice between Pierre Trudeau's eldest son and the mother of his only daughter.

Justin Trudeau is considering whether to run. And now Toronto lawyer Deborah Coyne, 57, is taking the plunge with an "idea-based campaign." THE CANADIAN PRESS

Federal crackdown

Health experts to watch effects of refugee cuts

Health-care providers across the country will monitor what they say will be the adverse effects of federal cuts to health-care benefits for refugees.

The Canadian Doctors for Refugee Care says the cuts could have deadly consequences as refugees arrive with problems often related to conditions abroad. THE CANADIAN PRESS

Rescue workers show their respect by removing their hard hats as a body is carried out of the wreckage in Elliot Lake, Ont. NATHAN DENETTE/THE CANADIAN PRESS

Out of the rubble, the final sadness

Elliot Lake tragedy. Rescue crews bow their heads in sorrow as two bodies are removed from collapsed mall debris

Premier grieves, too

"We live in a big province, but it feels a lot smaller at a time like this as Ontarians come together to support the people of Elliot Lake. Together, we will lift them up as they recover from this tragedy."

Ontario Premier Dalton McGuinty

Search-and-rescue workers removed their hats and bowed their heads in sorrow Wednesday as two bodies were removed from the wreckage of a partially collapsed shopping mall in Elliot Lake, Ont.

Crews who had spent the past two days sifting through the rubble of the Algo Centre Mall used sophisticated equipment to try to clear a path to anyone who may have survived when a roof came crashing down through the two-storey building.

In the end, however, the rescue mission became a recovery operation.

Officials said crew members had only to search one 12-metre-long pile of rubble before wrapping up the operation Wednesday.

The bodies were removed after a specialized robotic arm worked through the night to clear a path through the debris that accumulated when a section of the roof crashed through the two-storey building on Saturday.

The operation required crews to orchestrate the collapse of a precariously balanced escalator and remove slabs of concrete.

The removal of the bodies marked a tragic culmination of a risky rescue operation that many said came too late.

Elliot Lake Mayor Rick Hamilton called it "a deep, deep tragedy" — one that affects not just the victims and their families but the entire community.

"It's with heavy hearts and the deepest condolences on behalf of every citizen in Elliot Lake that we offer our condolences to the families," he said. THE CANADIAN PRESS

Cuts put rescue teams at risk, feds told

The Harper government was warned cutting federal funding would likely cripple rescue teams like the one working at a caved-in mall in Elliot Lake, Ont.

Public Safety Canada evaluated the Heavy Urban Search and Rescue units five years ago and found that without funding from Ottawa, there was a risk some or all of the teams would not survive.

"There is a need for the federal government to continue contributions to build capacity and capability for teams focused on Heavy Urban Search and Rescue," the report found.

A Heavy Urban Search and Rescue unit from Toronto has been leading operations in Elliot Lake, where a mall roof collapsed Saturday afternoon. Two bodies have been found.

The September 2007 Public Safety report lauded the teams as a "national resource." The units are based in Vancouver, Calgary, Toronto, Halifax and Manitoba.

The lion's share of funding for Canada's five Heavy Urban Search and Rescue units comes from the federal Joint Emergency Preparedness Program. But the Conservatives quietly axed the program in the March budget.

A Public Safety official told the Ontario Association of Fire Chiefs in April that federal funding for the Joint Emergency Preparedness Program will end next year. THE CANADIAN PRESS

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Residents evacuate as Colorado wildfire torches houses, land

Waldo Canyon Fire.
No injuries reported yet as fire burns through about 4 hectares of Air Force Academy land

A raging wildfire destroyed dozens of houses overnight and charred land on the edges of the U.S. Air Force Academy on Wednesday, while thick smoke and intense, towering flames kept officials from learning the full scope of damage to Colorado's second-largest city.

The wildfire doubled in size overnight to about 62 square kilometres, and has so far forced mandatory evacuations for more than 32,000 residents, Colorado Springs emergency-management director Brett Waters said. Among those urgently evacuated Tuesday evening were residents at the academy.

The fire burned about four hectares of land along the southwest boundary of the academy's 72.5-square-kilometre boundary, but no injuries or damage to academy structures have been reported.

Steve Cox, an aide to Mayor Steve Bach, said Wednesday morning that the blaze has consumed dozens of houses elsewhere. A more precise figure wasn't available because of the intensity of the fire.

Heavy smoke and ash billowed from the mountain foothills west of the city. Bright yellow and orange flames flared in the night, often signalling another home lost to the Waldo Canyon Fire, which is the No. 1 priority for U.S. firefighters.

The White House said President Barack Obama would tour the fire area on Friday. THE ASSOCIATED PRESS

The Waldo Canyon fire burns an entire neighborhood near the foothills of Colorado Springs, Colo., late Tuesday. HELEN H. RICHARDSON/THE DENVER POST/THE ASSOCIATED PRESS

Blazing West

Extreme heat has caused more wildfires in Western states.

- A blaze in central Utah has burned down 56 structures, the majority of which are homes, officials said Wednesday. Authorities are about halfway through their damage assessment of a fire that has burned about 18,616 hectares. Officials returned to an evacuated area and found a woman dead Tuesday.
- A wildfire north of Billings, Mont., caused hundreds of families to be evacuated from their homes as the blaze burned more than 7,285 hectares. Musselshell County Attorney Kent Sipe told The Billings Gazette that at least 60 homes had burned.

Tropical storm leaves Florida in soggy state

Florida National Guard troops drive through floodwater as they patrol in Live Oak, Fla., on Wednesday. DAVE MARTIN/THE ASSOCIATED PRESS

Tropical Storm Debby dumped more than 60 centimetres of rain on Florida, inundated many homes and washed out roads before moving off the Atlantic coast Wednesday.

The storm was downgraded to a tropical depression Tuesday as it slogged across northern Florida, leaving some areas in several feet of water. Debby knocked out power to thousands of people, and ruined vacations for some, as it lingered in the Gulf for several days before washing ashore.

Along the Panhandle, some people were using boats to get back into their homes to remove valuables. Wakulla County Commission Chairman Alan Brock said residents can't remember flooding ever being this bad.

"It's not just people on the river, it's neighbourhoods, it's places that have never been flooded," Brock said. "It's pretty heartbreaking. It's people who have built on hills and never expected water and because of that don't have flood insurance and now their homes are destroyed."

Washed out

"The water came in so fast last night. We were lucky to get out what we could. My shed is underwater."
Jorge Torres of Live Oak, Fla.

Many in Debby's path were still recovering. Water was up to the roofs at some homes in low-lying areas of Live Oak. Several feet of water remained around businesses in downtown near the courthouse and many roads were impassable.

For days, vacationers wore ponchos instead of swimsuits during the peak of the summer season. Disney World wasn't as crowded as usual Tuesday, and one of its water parks closed because of the soggy, windy weather.

A woman was killed in a tornado spun off from the storm Sunday, and a man disappeared in the rough surf over the weekend in Alabama. THE ASSOCIATED PRESS

Left in the cold

Winnipeg man pleads guilty to mistaken murder

A Winnipeg man has pleaded guilty to manslaughter in the death of a man he mistakenly thought was trying to break into his sister's apartment.

Zenon Bozynski, who was 48, died of hypothermia outside a rooming house on Jan. 15, 2011.

The court heard Bozynski was drunk and had forgotten his keys, so he knocked on the door of a neighbouring apartment.

The woman inside thought he was trying to break in, so she called police and texted her brother Jamie Morriseau.

Morriseau beat up Bozynski along with a co-accused.

Police never responded to the call, and Bozynski was outside in -32 temperatures — with no jacket — for six hours before a neighbour found him dead.

Morriseau was originally charged with second-degree murder until it was determined the beating was not the cause of death.

He has been released on bail until his sentencing in November. THE CANADIAN PRESS

Cross-Canada

55-year-old cyclist plans to beat his own world record

You would think that cycling across the entire country and breaking a Guinness World Record would be enough of an accomplishment for a 55-year-old grandfather, but Arvid Loewen is about to cycle across Canada one more time, and hopefully beat his own record.

In 2011, the Winnipegger cycled 6,040 kilometres from Vancouver to Halifax in 13 days, six hours and 13 minutes, breaking the record for the fastest cycle across Canada. On July 3, he will cycle the same route, hoping to beat his own time. METRO WINNIPEG

Arvid Loewen METRO WINNIPEG

Lebanese prison

Jailed farmer says he didn't get help from government

A New Brunswick farmer who spent 373 days in a Lebanese jail on accusations he exported rotten potatoes to Algeria says the Canadian government did nothing to help get him home.

In an interview with The Canadian Press today, Henk Tepper of Drummond says the Canadian ambassador in Beirut told him he would be sent to Algeria to face charges there.

Diane Ablonczy, the federal minister of state for foreign affairs, has said the federal government used "quiet diplomacy" to help secure Tepper's release in March.

Tepper says consular officials also told him they were in daily contact with his family, but that wasn't always the case.

No one from Ablonczy's office was immediately available for comment on Tepper's comments, who agreed to be interviewed for the first time since his release.

Tepper was arrested in Lebanon on March 23, 2011. THE CANADIAN PRESS

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Queen Elizabeth II shakes hands with Northern Ireland Deputy First Minister Martin McGuinness, a former IRA commander, as First Minister Peter Robinson looks on at the Lyric Theatre in Belfast on Wednesday.
PAUL FAITH/THE ASSOCIATED PRESS

Queen, IRA icon's grip-and-grin symbolizes truce

Irish republicanism.
Queen kept smiling as she shared a stage with a man linked to the killing of her cousin Lord Louis Mountbatten

Queen Elizabeth II and a former Irish Republican Army commander offered each other the hand of peace Wednesday in a long-awaited encounter symbolizing Northern Ireland's progress in achieving reconciliation after decades of violence.

The monarch and Martin McGuinness met privately inside Belfast's riverside Lyric Theatre during a cross-community arts event featuring Northern Ireland musicians, poets and artists.

Let it reign?

"If I may give voice to the oft-declared desire of the people of Northern Ireland, on whose loyalty and support you can always depend: Long may you reign over us."
Peter Robinson, the Protestant head of Northern Ireland's power-sharing government.
Martin McGuinness did not attend this part of the royal ceremonies

Media were barred from seeing their first handshake during an ice-breaker over coffee and tea. But the two shook hands again a half-hour later for the cameras' benefit, documenting a moment that would have been inconceivable back in the days when IRA leaders were plotting to kill the British Royal Family. McGuinness' Irish nationalist Sinn Fein party had never attended a royal function before.

Underlying the sensitivity of the occasion, no live footage or sound was permitted to be broadcast. Outside, flak-jacketed police shut down all roads surrounding the theatre and told residents to stay inside their homes.

Both smiled broadly as McGuinness took the Queen's white-gloved hand and spoke to her for about five seconds. Afterward McGuinness said he had told her in Gaelic — a language neither of them speaks — "Slán agus beannacht" and told her this meant "goodbye and Godspeed." The latter word actually means "blessing." **THE ASSOCIATED PRESS**

Compromise

It's been a long time coming

The event marked the latest, perhaps ultimate, moment in Northern Ireland peacemaking that has delivered a series of once-unthinkable moments of compromise.

Irish republicans long had rebuffed invitations to attend British royal events that occur regularly in Northern Ireland. But analysts said McGuinness' U-turn became inevitable once the Queen made her first state visit to the Republic of Ireland in May 2011, where she won public acclaim and made generous gestures, including honouring Irish rebels who died fighting for independence from Britain. Sinn Fein's leaders suffered sharp criticism for boycotting her visit.

Diplomatic pressure built on Sinn Fein after McGuinness, who ran unsuccessfully last year to be the Republic of Ireland's president, said on the campaign trail that he would meet the Queen if elected. **THE ASSOCIATED PRESS**

Banned pedophile group may appeal for right to exist

Netherlands. Group is calling the move to ban it an attack on freedom of expression

A Dutch court outlawed a pedophile association Wednesday, saying its promotion of sexual contact between adults and children breaches the country's generally accepted moral values.

The civil court in Assen ordered the association, Martijn, to immediately be dissolved.

The court said in a statement that Martijn is a threat to public order because it "glorifies sexual contact (between adults and children) and presents it as something that should be normal and acceptable."

Its chairman, Marthijn Uittenbogaard, called the decision "an attack on the freedom of expression."

"We are not happy and we are considering whether to appeal," he said in a telephone interview.

The organization says on its website it was established in 1982 in the traditionally tolerant Netherlands as a "platform for discussion of pedophilia." It was largely ignored for years, but has been under attack more recently from lawmakers and prosecutors who wanted it banned. Such groups are almost unknown elsewhere in Europe, despite many countries' history of safeguarding freedom of expression.

Royal criticism

- Martijn also made headlines in 2007 when a member posted on the group's website photos of the then three-year-old Princess Amalia, daughter of the heir to the Dutch throne.
- The royal house went to court and won an injunction barring Martijn from publishing such photos on its site, and Crown Prince Willem-Alexander harshly criticized the group for using the pictures.

Martijn's former chairman, Ad van den Berg, was convicted last year of child-porn possession and sentenced to three years in prison. Van den Berg claimed the images and films were for scientific research.

The group said in a statement last month that the court should not honour the public prosecutor's request for a ban, saying it had never committed a crime. "It is naive to think that banning Martijn will make pedophiles disappear," the group, which claimed to have 60 Dutch members, said.

Prosecutors who sought the ban said they were satisfied with the court's decision, adding that it helps the Netherlands meet its international commitments to protect children from sexual predators.

Members of Martijn also were involved in a 2006 move to create a political group called the Party for Brotherly Love, Freedom and Diversity to take part in national elections with a platform that included lowering the age of sexual consent to 12 and legalizing child pornography.

THE ASSOCIATED PRESS

Love thy neighbour

Neighbours and supporters of an Ecuadorian family about to be evicted throw water over the police as they break down the door of the family's home in Oviedo, Spain, Wednesday. The family could not keep up mortgage payments. Seventeen people locked themselves in the apartment and around 200 people gathered outside to try to stop the eviction. JAVIER BAULUZ/PERIODISMO HUMANO/THE ASSOCIATED PRESS

Free speech.

Comedians defend tweeter

Comedian Stephen Fry is among those supporting a British man appealing his conviction for tweeting that he would blow up an airport if his flight was cancelled.

Paul Chambers became an Internet free-speech cause célèbre when he was fined in 2010 for using Twitter to make his comment about Robin Hood Airport in northern England.

Chambers' high-profile supporters include Fry and British comedian Al Murray. Both accompanied Chambers to court Wednesday for an appeals hearing.

Chambers insists he was joking, but a court convicted him of sending menacing or offensive messages.

His lawyer argued that by that measure, William Shakespeare could have been convicted for quipping, "Let's kill all the lawyers."

One judge responded Wednesday: "That was a good joke in 1600 and it is still a good joke now."

THE ASSOCIATED PRESS

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Marijuana. Examiner rules out bath salts in Miami cannibal case

A Florida medical examiner says only marijuana was found in the system of a Florida man shot while chewing another man's face.

The Miami-Dade County Medical Examiner released the toxicology results Tuesday on 31-year-old Rudy Eugene. Lab results found marijuana in his system, but not any other street drugs, alcohol or prescription drugs. The department has ruled out the most common components found in the street drugs known as bath salts. An outside forensic toxicology lab also confirmed the results. THE ASSOCIATED PRESS

The attack

Surveillance video captured 65-year-old Ronald Poppo being attacked by Rudy Eugene on May 26.

- A police officer shot and killed Eugene, who bit into Poppo's face in broad daylight alongside a busy highway.
- Police have not released a motive for the attack on Poppo, who had been homeless for decades.

Intellectuals

Russians call for release of jailed punk feminists

Dozens of Russian intellectuals have signed an open letter calling on the Kremlin to release feminist punk rockers who face up to seven years in jail for staging a prank prayer against President Vladimir Putin. Three members of the Pussy Riot band were arrested after their February prank prayer at Moscow's Christ the Savior cathedral, in which they asked Mother Mary to deliver Russia from Putin's return to the Kremlin for a third term. The letter, signed by at least 112 writers, film stars and rock musicians, says that the upcoming trial would divide Russian society.
THE ASSOCIATED PRESS

Canadian, Chinese militaries proving good sports on the pitch

Chinese sailors belt out their national anthem prior to a friendly soccer game between members of the Canadian navy and their Chinese counterparts at Saint Mary's University on Wednesday morning. RYAN TAPLIN/METRO IN HALIFAX

Soccer. Chinese navy vessel docked in Halifax during globe-spanning goodwill tour

For Canadian and Chinese military personnel, bridging the language barrier can be difficult.

Few from either country spoke the other's language at Huskies Stadium in Halifax on Wednesday morning, aside from some interpreters and an embassy representative.

But no matter one's native tongue, Capt. Richard Gravel, commanding officer at Fleet Maintenance Facility Cape Scott, said everyone understands the camaraderie of a good, friendly game of soccer.

"It's a great way to make friends. Even if you don't talk to each other, sport is the great equalizer," Gravel said, while watching the action from the stadium sidelines on the Saint Mary's University campus.

"You shake the guy's hand and pick him up if you knock him down. Sport is a great way to get together and have some friendly competition."

Members of the Canadian navy and a few representatives from the army and air force played crew-members of the Zheng He, a Chinese ship docked in Halifax this week, as part of the Chinese navy's first visit to the city.

The Zheng He has been on a worldwide trip for the last two months to spread goodwill among China's allies. It visited Europe and parts of Asia before heading here. It will leave on Thursday, bound for Jamaica and Ecuador.

Senior officers from Canada and China had been meeting since the vessel arrived Monday, but for the majority of the crew-members, the match was their first chance to meet face to face.

"It's a symbol of friendship and co-operation between the Chinese navy and Canadian Forces," said Bin Zheng, a representative from the Chinese Embassy in Ottawa.

"It's important for us to know each other and understand each other and pave the road for future co-operation."

SPENCER BUELL/METRO IN HALIFAX

Monsoon rains prove deadly in Bangladesh

Dozens dead.
Landslides bury flimsy huts with families asleep inside

Landslides and floods caused by heavy monsoon rains killed at least 91 people in southern Bangladesh and many more were missing, the government said Wednesday.

Officials said the landslides occurred mainly in remote villages with poor roads, making rescue work more difficult.

At least 37 died in Cox's Bazar, 33 in neighbouring Bandarban and another 21 in Chittagong, mostly in a series of landslides, the Disaster Management Ministry said. It said soldiers were joining the search for the missing.

Three days of torrential rain in the region of small hills and forests dislodged huge chunks of earth, which buried flimsy huts where families were sleeping late Tuesday and early Wednesday. Many homeless people live at the foot of the hills or close to them despite warnings from authorities.

Many of the dead were women and children, officials said. In Bandarban an 11-year-old boy was the only member of his family to survive because he was away when mud buried his hut. His parents and three siblings perished.

"I could survive because I was visiting a relative," said the boy, Rafiqul Islam. "The rain had kept me from returning home."

Monsoon floods are common in Bangladesh, a delta nation of 160 million people.

Volunteers using loudspeakers warned people about the danger of landslides during the rains, said Jaynul Bari, a government administrator in Cox's Bazar. The floods inundated dozens of villages and were disrupting communications in the region.

Flood waters covered many roads and washed away a railway bridge, snapping road and rail links between Dhaka and the three districts. An airport in Chittagong was closed after floodwaters swamped its runway, but reopened Wednesday after the rains stopped, officials said. The government said relief workers were distributing rice and water to hundreds of displaced people.

THE ASSOCIATED PRESS

Quoted

"I could survive because I was visiting a relative. The rain had kept me from returning home."

Rafiqul Islam, 11, the only member of his family to survive

A Bangladeshi woman, left, whose relative died in a landslide is consoled by another on the outskirts of Chittagong, Bangladesh, on Wednesday.

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School's in, but smoking's out

Crackdown on campus. Bans on use, advertising and sale of tobacco are being enacted at many U.S. universities

As a political-science major at Ohio State University, Ida Seitter says, she lit up many a cigarette to help her through the stress of exam season.

Right or wrong, they were her security blanket as she toiled through college.

Seitter, now 26, was old enough by then to make her own decisions, she says.

She opposes efforts by policymakers in Ohio, New York, California and other states to impose bans on tobacco use not just in buildings at public colleges but also anywhere on the campus — even in the open air.

"Just back away from me a little bit. I won't blow it in your face and I'll try not to be rude," Seitter says.

"At the same time, I think it's a little discriminatory for a practice that is considered legal."

Bans on use, advertising and sale of tobacco in all its forms are being enacted or considered at perhaps half of campuses across the U.S.

The movement is driven by mounting evidence of the health risks of secondhand smoke, the reduced costs of smoke-free dorms and a drive to minimize enticements to smoke at a critical age.

California's state system will begin to bar tobacco use in 2013. A ban on use and advertising at the City University of New York system goes into effect in September, and the University of Missouri at Columbia is going smoke-free in 2014.

Butt out, please. That's the sharp request many students are facing at universities across the United States. PHIL WALTER/GETTY IMAGES

Ohio higher-education officials plan a vote next month urging all public campuses to ban tobacco use. That includes Ohio State, one of the nation's largest universities, which currently bans only indoor smoking.

According to the surgeon general's report for 2012, tobacco use among people aged 18 to 25 remains at epidemic proportions nationwide.

The review found 90 per cent of smokers started by age 18, and 99 per cent by age 26.

About a quarter to a third of college students smoke, studies have found.

The study found the U.S. would have three million fewer young smokers if success in reducing youth smoking by state tobacco-cessation programs from 1997 to 2003 had been sustained.

Health and education officials, anti-smoking groups and a generation of students who grew up smoke-free are increasingly united on the issue, says Bronson Frick, associate director of Americans for Nonsmokers' Rights.

"There are many reasons why a college or university may choose to pursue this type of policy, whether secondhand smoke, dorm fires, or other issues," he says.

"They are also questioning what the role of tobacco is in this academic setting, where we're supposed to be standing for truth and training the next generation of leaders."

THE ASSOCIATED PRESS

Silk's cut

"Schools are a business. Who assigned them the role of behaviour modification?"

Audrey Silk,
U.S. smokers'-rights advocate.

Church scandal. Singer Sun Ho's pastor hubby charged with giant fraud

The founder of one of Singapore's largest evangelical churches was charged with fraud Wednesday for allegedly funnelling millions of dollars to his wife's singing career.

His wife, Ho Yeow Sun, is known professionally as Sun Ho. She was not charged.

City Harvest Church founder Kong Hee, 47, was charged with three counts of conspiracy to commit criminal breach of trust in connection with a scheme to syphon about $18 million US of church funds.

Kong was freed on $390,000 US bail after his passport was seized.

He would face up to 20 years in prison or a fine for each charge if found guilty.

He did not comment on the accusations in court but earlier had tweeted that he trusted Jesus and referred to Tuesday — the day he was arrested — as a "tough day."

He tweeted: "Tough day. I trust in You, Lord Jesus. Thy kingdom come, Thy will be done!"

The charges follow a two-year police investigation sparked by media reports that depicted Ho's lavish lifestyle, including a $20,000-a-month Los Angeles mansion.

THE ASSOCIATED PRESS

Mandarin, English

Singer Sun Ho has put out several Mandarin and English pop albums and songs.

- In 2007, she collaborated with Wyclef Jean on a production called China Wine.

Medical oddity. Baby's tumour weighed 15 kg ... but he weighed only 12

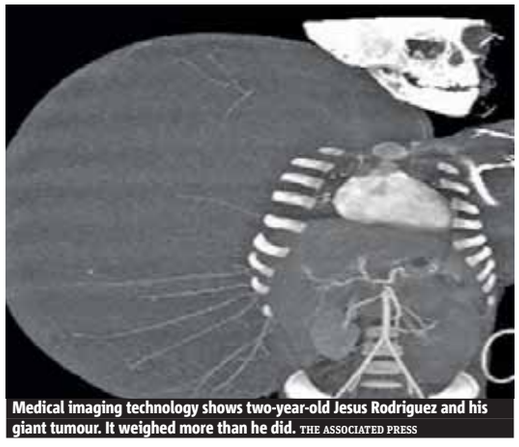
Mexican doctors say they have removed a 15-kilogram tumour from the body of a two-year-old child who weighed only 12 kilograms.

Dr. Gustavo Hernandez says Jesus Rodriguez from the northern state of Durango was born with a lump that eventually covered the right side of his body from his armpit to his hip.

Hernandez says it took doctors at the La Raza Medical Centre in Mexico City 10 hours to remove the tumour on June 14. Hernandez, director of pediatrics at La Raza hospital, says the boy is recovering and doing well.

The doctor also said it was the first time Mexican doctors have removed a tumour bigger than the person carrying it.

THE ASSOCIATED PRESS



Medical imaging technology shows two-year-old Jesus Rodriguez and his giant tumour. It weighed more than he did. THE ASSOCIATED PRESS

Zoo horror

Chimp mourns murdered baby

The mother of a baby chimpanzee that was killed by an adult male while Los Angeles Zoo visitors watched has been allowed to keep the infant's body overnight.

The zoo said leaving the dead baby with the mother gave her an opportunity to grieve after Tuesday's attack.

Experts say attacks by males on small offspring of other chimpanzees occur often in the wild and in captivity.

THE ASSOCIATED PRESS

Norway massacre

A new psych ward, just for Breivik

Even if found criminally insane, confessed mass killer Anders Behring Breivik is likely to remain inside the prison where he has been held since his bomb and gun attacks in July.

Norway's Health Directorate on Wednesday approved plans to build a psychiatric ward inside Oslo's Ila Prison, specially designed for the 33-year-old right-wing extremist.

The self-styled anti-Muslim militant admitted killing 77 people last July.

THE ASSOCIATED PRESS

Lords not laughing?

U.K. gets set to ditch the dukes

Can Britain's government ditch the dukes and eject the earls?

Prime Minister David Cameron on Wednesday set out plans to replace Britain's 700-year-old House of Lords, the country's unelected upper chamber, with a smaller, mostly elected, body.

THE ASSOCIATED PRESS

Garlic heist

Something smells about this case

Austrian police didn't need dogs to locate this suspected heist — 9.5 tons of garlic.

Police just followed the odour and stopped three vans about to cross into Hungary from Austria. Five men have been charged with receiving stolen goods.

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Smoking linked to rare sleep disorder

New research. Study of almost 350 people with REM sleep behaviour disorder finds several potential risk factors

Smoking and pesticide exposure appear to be strong risk factors for a rare disorder that causes people to physically act out their dreams while asleep, even to the extent of punching and kicking their bedmates, research suggests.

Individuals with REM sleep behaviour disorder (RBD) do not exhibit the reduced muscle tone — called atonia — that usually occurs during sleep, leaving them able to move freely.

"Essentially, all of us normally are paralyzed when we go into our REM sleep," said Dr. Ron Postuma, a neurologist at McGill University who led the study, conducted at 13 sites in 10 countries. "So we're having very vivid dreams, but we don't move. Our eyes will move and we'll breathe, but that's it."

Expert

"Essentially, all of us normally are paralyzed when we go into our REM sleep."

Dr. Ron Postuma, McGill University neurologist

In people with RBD, the body system that keeps sleepers paralyzed stops working, so whatever a person dreams, they are capable of doing.

In their study, researchers found that those with the disorder were 43 per cent more likely to be smokers. Two-thirds were more likely to have worked as farmers, and were more than twice as likely to have been exposed to pesticides. THE CANADIAN PRESS

Tragic example

People with the disorder can unknowingly punch, kick and even throttle their bed partners.

- In 2009, a British man strangled his wife to death while the couple were camping. Falling asleep with the sound of people in the campground "yelling and screaming," Brian Thomas dreamed he and his wife Christine were being attacked, and in his sleep state tried to defend her by choking an imagined attacker.
- He was declared not guilty because of his disorder.

Watermelon 2.0

JA (Japan Agricultural Cooperation) Kagawa employees arrange cubic watermelons to be shipped in Zentsuji city, Kagawa Prefecture, western Japan, Wednesday. The 19-by-19-by-19-centimetre fruits, grown in transparent square containers, will be sold for 10,000 yen ($125 US) each. KYODO NEWS/THE ASSOCIATED PRESS

Blair. Ex-U.K. prime minister would 'love' to lead country again

Tony Blair said Wednesday that he would love a chance to return as Britain's prime minister — but acknowledged a comeback is extremely unlikely.

In an interview to mark the fifth anniversary of his departure from office, the 59-year-old suggested how he believed the Labour Party that he led for 13 years could return to power — urging his successor not to abandon the political centre ground.

Blair, who became Labour leader in 1994 and British chief in 1997, resigned in June 2007 — hurried out of power by supporters of his restive Treasury chief Gordon Brown, who had long desired to lead the country but lasted less than three years once he captured the post.

Asked if he would welcome a return as prime minister, Blair was quoted by London's Evening Standard as saying: "Yes, sure, but it's not likely to happen is it ..."

The Labour Party was ousted from office in May 2010, when no party won an overall majority in a national election — leading the once-rival Conservative Party and Liberal Democrats to form an unlikely coalition. THE ASSOCIATED PRESS

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VIA Rail to cut services nationwide

'Customer needs'. Government-owned passenger-rail service announces its plan to cut 200 unionized jobs

VIA Rail expects to cut 200 unionized jobs, or about nine per cent of its workforce, as the government-owned passenger-rail service reduces trips on lines across the country.

No routes are being eliminated, and some in the busy Montreal-Toronto corridor will be increased. But by the end of October, routes in most other areas will see less-frequent service.

"We are aligning our services with customer needs and consolidating our resources where there is a demand," VIA president and CEO Marc Laliberte said Wednesday.

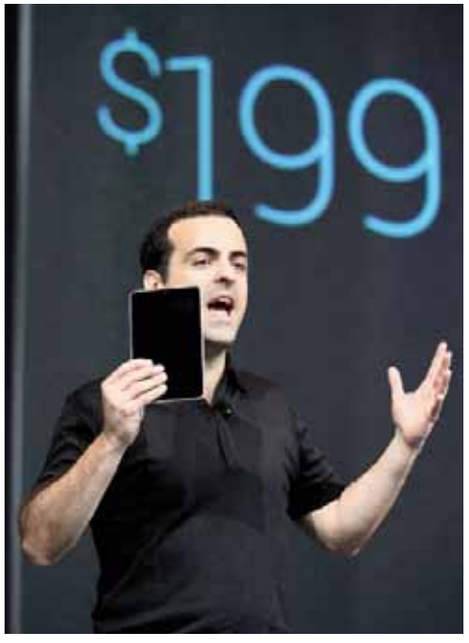
Trip frequencies are being cut on some of big routes, including the Montreal to Halifax line — "The Ocean" — which will be cut to three from six round trips a week.

In the West, "The Canadian" — VIA's only Toronto-to-Vancouver route — will be reduced to two from three round trips a week in the off-season (October to April). Service during peak season will remain at three trips weekly.

There will also be reductions in southwestern Ontario, where GO Transit and other services are available to commuters. London, Aldershot, Kitchener, Niagara Falls and other cities will see reduced VIA service.

The cuts come after the federal government's March budget which cut $41 million in subsidies to VIA over three years, but the company insists the trip reductions and job losses are driven by weak off-season demand.

THE CANADIAN PRESS



Google challenges Amazon

Product-management director Hugo Barra, at the Google I/O conference in San Francisco on Wednesday, unveils Google's challenge to Amazon's Kindle Fire — the new Google Nexus7, which will sell for $199 US. Google also made prototypes of its futuristic, Internet-connected glasses available for people to test out. Project Glass will only be sold for $1,500 to people attending its annual conference for computer programmers.

PAUL SAKUMA/THE ASSOCIATED PRESS

Public service. Tories issue more layoff notifications

A fourth wave of job-loss notifications washed over the federal public service Wednesday as the Conservatives appeared to be trying to shore up support for the cuts.

Union leaders reported that just over 5,000 employees in more than 13 departments were told they could lose their jobs as the government seeks to slash spending.

The job-loss notices were juxtaposed with a series of Conservative government press releases highlighting both spending and saving initiatives.

Unions have long accused the government of being too secretive about the cuts, and their concerns were bolstered last week by another battle in the continuing war between the parliamentary budget officer and the Tories.

Kevin Page published a legal opinion stating that 64 federal departments and agencies are breaking the law by withholding basic information on the 2012 budget from him, prompting the government to accuse him of overstepping his mandate.

THE CANADIAN PRESS

Public disservice

"We need Stephen Harper and his ministers to stop hiding behind spin and start talking to all Canadians about the services we are losing."

Robyn Benson, president of the Public Service Alliance of Canada

Market Minute

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Apple co-founder slams case against Megaupload

Apple cofounder Steve Wozniak, right, and Kim Dotcom, founder of file-sharing site Megaupload, stand together in Auckland, New Zealand, in May. Wozniak and Dotcom spoke out against the U.S. piracy case in separate interviews on Wednesday. KIM DOTCOM/THE ASSOCIATED PRESS

Apple cofounder Steve Wozniak says the U.S. piracy case against Kim Dotcom is "hokey" and a threat to Internet innovation.

Dotcom, the flamboyant founder of file-sharing site Megaupload, is accused by federal authorities of facilitating Internet piracy on a massive scale. Charged with racketeering and money laundering, he's fighting U.S. attempts to extradite him from New Zealand.

Wozniak said he was visiting New Zealand last month to give a speech when he learned Dotcom couldn't come to see him because he was under house arrest. So Wozniak said he visited Dotcom and the two have kept in touch by email since.

"It's just kind of ridiculous what they did to his life," Wozniak said in a telephone interview. "An awful lot of Kiwis support him. The U.S. government is on thin ground."

Wozniak said plenty of people used Megaupload for legitimate purposes before federal authorities shut it down in January and filed criminal charges against seven of its officers, including Dotcom. In a dramatic raid the same month, New Zealand police swooped down in helicopters onto the grounds of Dotcom's mansion and cut their way into a safe room where they found him hiding. He was jailed for a month before a judge decided he could be monitored from his home.

U.S. authorities allege in their indictment that Dotcom and Megaupload deliberately thwarted attempts to remove pirated material from the site by removing individual links but not the pirated content. Prosecutors claim the "mega conspiracy" netted Dotcom and others $175 million in illicit advertising revenue and download fees.

THE ASSOCIATED PRESS

Convictions

Born Kim Schmitz in Germany, Dotcom, who changed his name in 2005, has been in trouble before.

- He was convicted in 1998 in Germany of computer fraud and dealing in stolen phone cards.
- In 2002, he was convicted of manipulating the stock price of an Internet startup.

Ponzi scheme king

Brother of Wall Street swindler to plead guilty

Bernard Madoff's brother will plead guilty on Friday to conspiracy and falsifying records, admitting his role in the multibillion-dollar Ponzi scheme that destroyed the savings of thousands of investors, prosecutors told a judge.

THE ASSOCIATED PRESS

Antitrust

European court upholds most of Microsoft fine

A European court on Wednesday upheld most of a massive fine levied against Microsoft by the European Commission's competition watchdog, closing a case that began in 1998. Counting two earlier fines, the case has wound up costing Microsoft € .64 billion. THE ASSOCIATED PRESS

In-car technology. Ford exec says company's battle with Apple is 'overblown'

Ford executive chairman Bill Ford says the apparent battle between the car company and tech behemoth Apple is "overblown." At a recent event for software developers, in which Apple announced a host of upcoming features for its mobile operating system, it was revealed that nine auto companies plan to unveil in-car technology based on the popular Siri voice recognition system.

Hyperbole

"I'm not sure we'd view it as a looming battle."

Ford executive chairman Bill Ford

THE CANADIAN PRESS

Patent suit. Judge orders Samsung to halt sales of Galaxy tablet computer

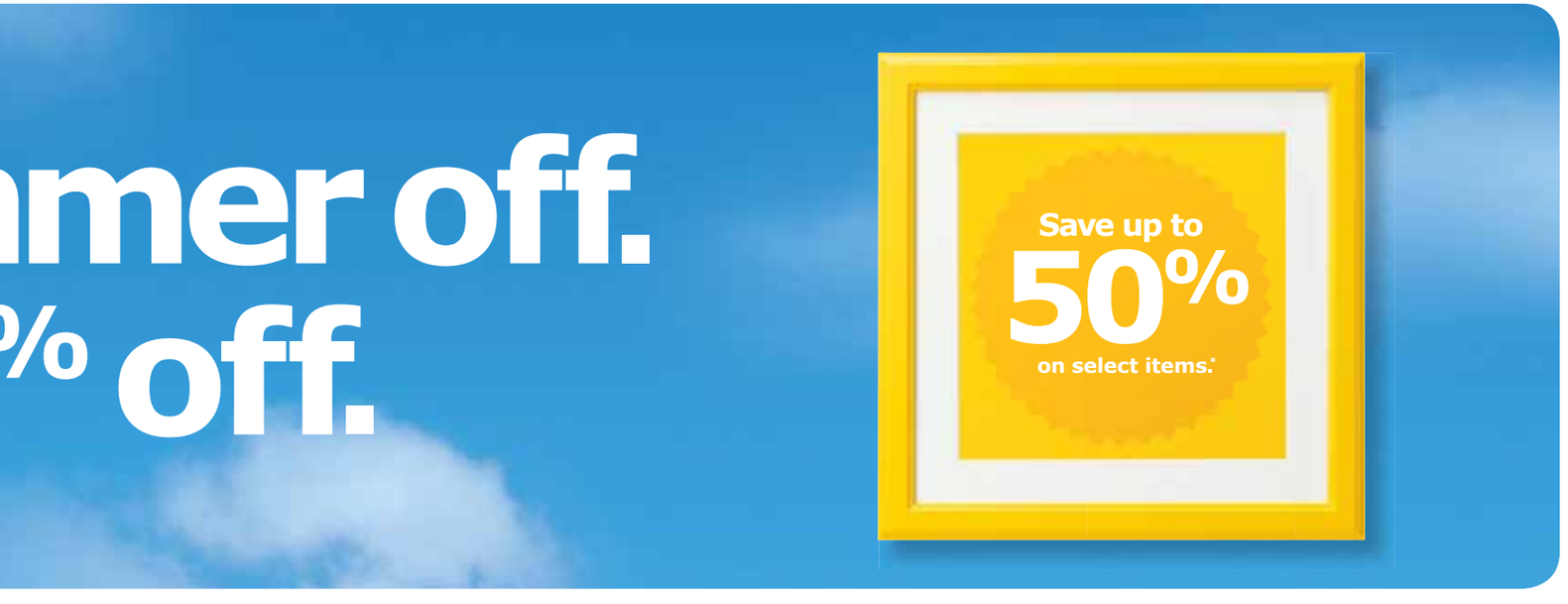
A judge late Tuesday ordered Samsung Electronics Co. to halt sales of its Galaxy 10.1 tablet computer while the court considers Apple's claim the South Korean tech giant illegally copied the design of the popular iPad.

U.S. District Judge Lucy Koh said Apple Inc.'s lawsuit appeared likely to prevail.

"Apple has established a strong case on the merits," Koh said.

Koh had earlier said the two products are "virtually indistinguishable," but she declined in December to take the dramatic step of prohibiting sales of the Galaxy 10.1.

THE ASSOCIATED PRESS



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MYTH BUSTERS: NEWSROOM EDITION

HE SAYS...
John Mazerolle
metronews.ca/hesays

It's unanimous: Journalists love Aaron Sorkin's The Newsroom.

That's not to say they enjoy the new TV show. The critical consensus according to Metacritic is "generally causing critics to throw up in their mouths a little."

But journalists love the chance it gives us to gaze at our navels. In this case, we media types love to tut-tut when something happens on a fictional news show that wouldn't happen in real life.

Sure, we can watch an Indiana Jones movie and never think, "An archeologist probably wouldn't use a 5,000-year-old religious artifact as a snowboard, even if he was being chased by a Panzer tank."

But if we're watching a television show about news, suddenly we demand TV be a perfect reflection of reality. "He's having a beer at lunch!" We crow, "He'll be sleepy all afternoon! And he's figuring out the tip without his phone! So he can do math?! While you're at it, why don't you give him X-ray vision?"

We're a bit defensive, because we're misunderstood. About 10 per cent of the population thinks we're noble crusaders against tyranny and injustice, an expectation that only a scant few live up to. And about 90 per cent of the population thinks we're pond scum.

With that in mind, here are some myths and realities about journalists I keep stored in my navel. Let's clear a few things up.

MYTH: Given The Newsroom is a Sorkin production, you can bet the characters will constantly be walking and talking. They'll barge into offices, they'll talk as they barrel down hallways. It's an important world, and they are on the move.

REALITY: Most journalists spend so much time in their chairs that their posture is roughly equivalent to Gollum from The Lord of the Rings. (Exception: People on their way to a smoke break.)

MYTH: We're all lefty pinkos.

REALITY: We're mostly lefty pinkos.

MYTH: Retweets are not endorsements.

REALITY: Yeah, sure.

MYTH: We are evil and smart. Just read the comments underneath online stories. (WARNING: By comment No. 10, this will officially drop your IQ to "avocado.") Comments teach us that reporters are liberal/conservative minions of the NDP/Conservatives who slant every story to bolster high taxes/the oilsands.

REALITY: We are well-meaning and not that bright. Most journalists want to make the world a better place, but don't have the first clue how to do that. So instead we write pieces that, for instance, illustrate that people at the gas station don't like high gas prices. (Also, most journalists have stopped reading the comments, so feel free to stop writing them.)

MYTH: We are well-paid.

REALITY: Three words: Ha ha ha.

To sum up, we reporters are unhealthy, disillusioned, sarcastic and do not value your opinion. I hope that clears up any negative preconceptions you may have had.

And if you disagree with anything I said here, please, send me a comment.

Jeff Daniels in The Newsroom. CONTRIBUTED

Making footprints beak-ause

CAMERON SPENCER/GETTY IMAGES PHOTOS

Elephant conservation

Penguin stomps his feet for a cause

A Fiordland penguin named Mr. Munro leaves his paint prints on a canvas at Taronga Zoo Wednesday in Sydney, Australia. Taronga and Western Plains Zoo pledged a new elephant-conservation project in Thailand and animals at Taronga made their pledge by dipping their feet and hands in paint and smudging them on canvas. GETTY IMAGES

Printed with paint

- The animals included an elephant, a Quokka (a small marsupial), a seal and a penguin.
- 4,000 animals at the zoo have dipped their paws in paint to promote awareness of animal conservation.
- In order to protect elephants from humans, two guard stations and a chain of outposts on the park grounds will be built at the Thailand site.

Tuka the Komodo dragon leaves his paw mark.

For a price

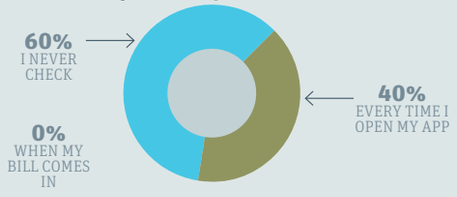
$100,000

Taronga, in a joint effort with Zoos Victoria, is helping fund the $100,000 project.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

When do you find out how much data you have used on your cellphone?



Twitter

@chuckbrady:
We better!!!! It is long overdue #Bure "@HogShackca: So do we retire Pavel Bure's jersey??"

@bwchockey:
How does a hall of fame player not get his number retired? #bure

@heebs_4:
This has to be one of the greatest HOF induction classes in NHL history #Sakic #Bure #Oates #Sundin

@25Dhillon25:
NHL can honor #Bure by inducting him 2 the hall,but the #Canucks cant retire his jersey. That's a shame.He put the Canucks on the hockey map.

@forevercanuck:
Former #Canucks Pavel #Bure inducted into the Hockey Hall of Fame. He had more goals per game than any of the top 100 scorers in NHL history

metro
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Buddy Holly hits the stage

Oh boy! Musical about one of rock 'n' roll's greatest legends back at the Stanley for another run

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

If you want to make a musical about Buddy Holly, you must have at least two things: Buddy Holly's music and at least one pair of Holly-like black-rimmed glasses.

There are other things, of course, that go into making that musical something people around the world will enjoy — talented actors, production people, etc. — but without the music of the man many people consider to be one of the greatest artists of all time, well, that'll be the day that you die on stage.

Cue the crickets.

Thankfully, Buddy: The Buddy Holly Story has all of the necessary ingredients for a rocking good time. And, like the legend himself, it's road tested.

Opening in 1989, the musical ran in London's West End for more than 12 years, had a shot run on Broadway and has had multiple tours that continue to run around the world.

Here at home, after a successful, sold-out summer run last year at the Arts Club's Stanley Industrial Alliance Stage, Buddy also went on tour, covering nearly 5,000 kilometres and 44 shows at 16 venues across this vast province we call British Columbia.

And now it's back for another run at the Stanley.

More to do:

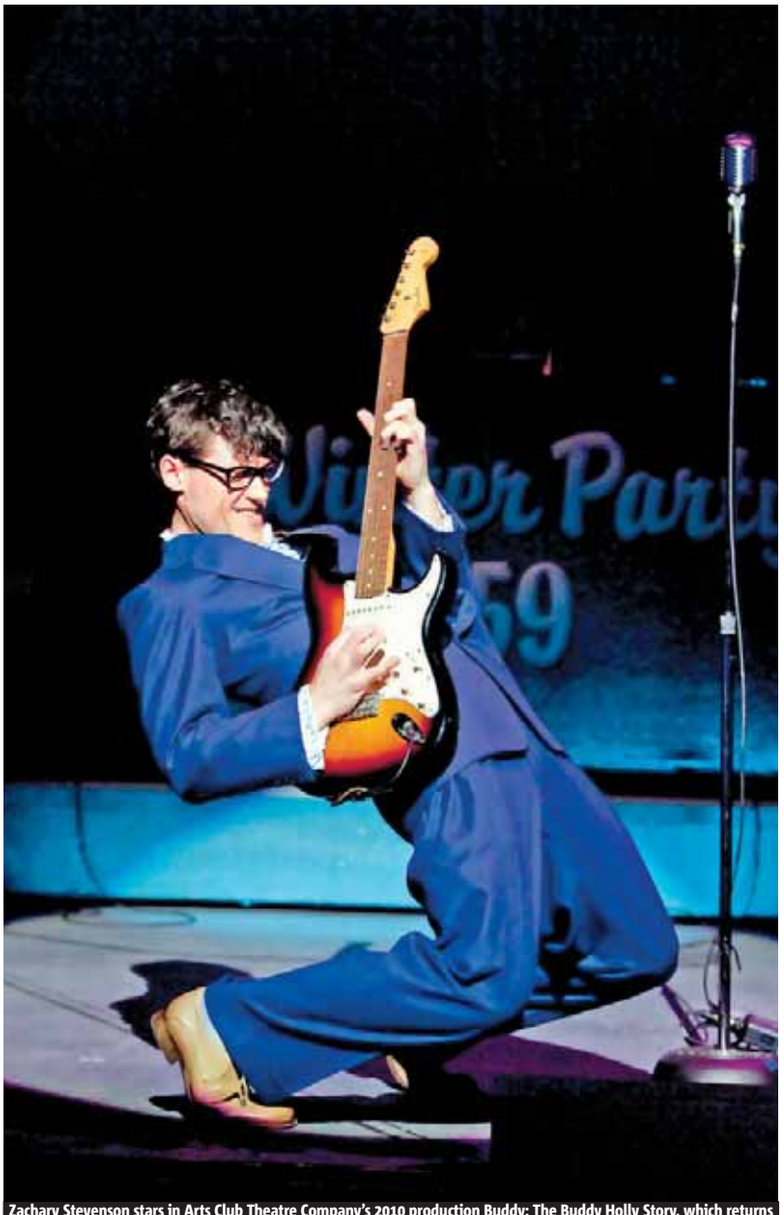
- Do you like jazz? Well, the Vancouver International Jazz Festival is in full swing, running until July 1 around this fair city. And there are still plenty of shows happening throughout this weekend. Too many, in fact, to list here. Check out the full schedule at CoastalJazz.ca.
- If you like entertaining glam bands that perform with tongue planted firmly in cheek, Steel Panther might just be up your alley. The rockers perform two shows at the Commodore: Friday night's is reportedly sold out but there are still tickets remaining for Thursday's gig. Visit LiveNation.com for more information.

Musical legacy

Buddy: The Buddy Holly story has all of the necessary ingredients for a rocking good time. And like the legend himself, it's road tested.

Returning as Buddy Holly is Zachary Stevenson. It also stars Michael Antonakas, Mat Baker, Jeff Bryant, Mark Burgess, Scott Carmichael, Marlene Ginader, Jeremy Holmes, Elena Juatco, Kieran Martin Murphy, Tom Pickett, Sibel Thrasher, Alec Willows, and Seana-Lee Wood.

Buddy: The Buddy Holly Story runs from July 12 to Aug. 26. Visit ArtsClub.com for more information.



Zachary Stevenson stars in Arts Club Theatre Company's 2010 production Buddy: The Buddy Holly Story, which returns to the Stanley Industrial Alliance Stage from July 12 to Aug. 26. TIM MATHESON/ARTS CLUB

2 SCENE

Scene in brief

Jack White to practice Voodoo

Touring in support of his critically acclaimed debut solo album Blunderbuss, Jack White has been added to the lineup for the 2012 Voodoo Music and Arts Experience. White joins other headliners for the event, set for Oct. 26 to 28, including Grammy-Award-winning trio Green Day and Neil Young & Crazy Horse. Other talent previously announced include The Avett Brothers, electronic dance music star Skrillex, Justice, Tomahawk, Say Anything, funk bassist Bootsy Collins, blues-rock guitarist Gary Clark Jr. and the Preservation Hall Jazz Band.

THE ASSOCIATED PRESS

On the web

Mandy Moore helps Dove promote importance of 'real-women' role models

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- Andrew O'Hehir, SALON

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Check theatre directories for showtimes

COMING SOON! Woody Allen's *TO ROME WITH LOVE*, In Theatres July 6

ScarJo could get paid for leaked nude pics

Scarlett Johansson could be compensated more than $66,000 for having nude photos leaked in 2011, according to the Los Angeles Times.

Federal prosecutors suggest in a sentencing memo that Christopher Cheney, who pleaded guilty to nine counts of hacking, compensate some of his high-profile targets, including Johansson.

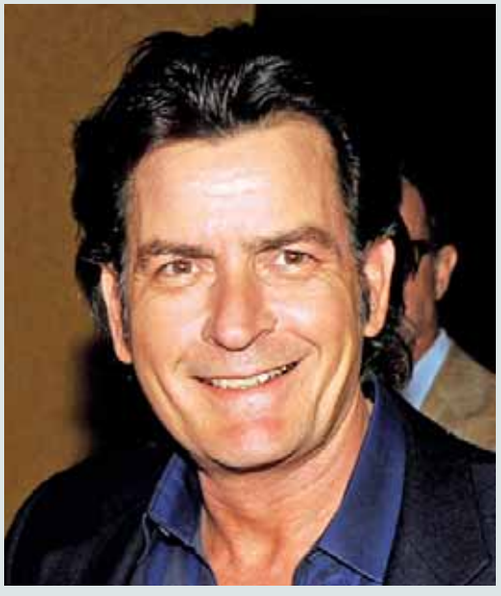
They also suggest $7,500 for Christina Aguilera and $76,767.35 for Secret Life of the American Teenager star Renee Olstead.

In addition, prosecutors are suggesting a 71-month prison sentence for Cheney.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Charlie Sheen, you win this time

MONICA WEYMOUTH
scene@metronews.ca

Reports that Charlie Sheen expertly and enthusiastically dismantled another Ritz-Carlton hotel room don't seem to be holding up. While Usmagazine.com claims the actor trashed his suite during a weekend-long party while in New York with ex-wife Denise Richards — which he actually famously did in 2011 before landing in the hospital — his reps and hotel employees are denying he was anything but a well-behaved guest.

TMZ obtained a copy of the bill — why yes, we did feel creepy reading it — and Sheen's version might hold up: Your mom could do more damage to the minibar, and we're pretty sure dry-cleaning isn't a concern when there are coke-dusted porn stars to attend to.

John Travolta. ALL PHOTOS GETTY IMAGES

Travolta surfaces, engages in red-carpet PDA with wife

John Travolta made his first public appearance since being hit with a cavalcade of sexual misconduct lawsuits from various service industry men, and it appears he decided actions would speak louder than words.

Travolta hit the red carpet for the premiere of his latest film, Oliver Stone's Savages, and instead of stopping to give any interviews, he and wife Kelly Preston put on an impressive show of public displays of affection, groping and kissing each other all the way down the carpet, according to Hollyscoop.

The couple literally could not — or at least would not — keep their hands off each other.

The appearance came just hours after a male cruise ship employee filed a federal suit against Travolta claiming sexual misconduct.

Imagine a Drake-Chris Brown boxing match

Since their alleged feud erupted in a nightclub brawl last week, Drake and Chris Brown have become very public rivals. And now some folks would like to see them duke it out in the ring.

Billionaire Alki David is offering the R&B stars $1 million each — plus an additional million for charity — to strap on gloves for a pay-per-view boxing match, according to the New York Daily News. Boxing promoter Damon Feldman, who's handling the proposed event, thinks it's a brilliant idea, naturally.

"Obviously they have a grudge. It's just three 1-minute rounds. No one will get seriously hurt," he tells the newspaper.

"I would love to have Rihanna as the ring girl."

Did Depp cheat on Paradis?

Johnny Depp recently bought Amber Heard a horse, but he may have been spending some extracurricular time with his former Rum Diary co-star before splitting with longtime partner Vanessa Paradis.

"He's smitten by her. They started sleeping together during the press tour," a source tells Us Weekly.

As for Paradis, she wasn't amused — another source heard her scream, "If I see her, I'll drown her!"

Noted, Vanessa. And with that, we are officially done talking about your split.

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3 LIFE

Fashion Flash

Welcome to the Jersey store: Jacob launches new collection

Jacob has fans of jersey in mind as it readies to roll out its new casual chic collection. The Montreal-based retailer will debut Jersey by Jacob next month. The collection includes a selection of camisoles, T-shirts, cardigans, sweaters, leggings, pants, dresses, jackets and scarves in a palette of grey, black and white with touches of pink. In addition to the use of jersey, which is in the moniker for the new line, the collection will also be crafted with a variety of other fabrics such as knitwear, ponte and fleece. Apparel and accessories in the collection will range from $19 to $79. It will be available at the retailer's 85 stores across Canada and online at jacob.ca.

THE CANADIAN PRESS

On the Web

Milan menswear designers dispel gloom over euro-land with a bright summer 2013

Summer hair SOS

Looking good. Summer has officially arrived, but too much heat, salt and chlorine can really mess with your hair. Now is the perfect time to give your locks some serious TLC. We explain how.

ROMINA MCGUINNESS
Metro World News in London

This year's schizophrenic weather conditions — scorching heat one day, muggy and wet the next — have probably frazzled and weakened your hair.

Celebrity hair stylist Tommy Buckett, from New York, who has tamed the manes of Ashley Olsen and Emma Stone, talks us through a super simple summer hair-care routine.

Cover up

You've been so focused on getting your body beach ready that you've neglected your hair.

Too much chlorine, sea salt and exposure to the sunlight will cause your hair to look dull and damaged, explains Buckett.

"It's not just your skin that needs protecting. All these things can strip your colour and dry out your hair. So if you want to enjoy the sunshine, you'll have to protect your hair. Wear a hat or a scarf to cover your locks or use a UV protectant spray," says Buckett.

Damage control

No matter how many times you pin or scrape wet hair back it ends up getting stuck to your clammy forehead.

There's no escaping the heat and humidity.

It's easier to damage wet so avoid pulling it up until it's dry.

"Your hair is like a rubber band. It can only be pulled so much before it loses its elasticity and snaps. Over time, pulling it back too tight will cause it to snap where the elastic band is placed.

Loosely tie your hair up or use little tortoise-shell clips if you want to avoid breaking it," adds Buckett.

The perfect beach wave

Some people (rather annoyingly) are born with natural loose waves. Brazilian model Gisele Bündchen is the poster girl for sexy beach hair. For those that aren't, there's a quick-fix solution. "The perfect beach wave can be achieved by spraying sea salt spray and using a diffuser.

While drying your hair (it's fine to blow-dry your hair just as long as you make sure you're using a heat protector) twist it in big chunks to create a perfect wave," recommends the hairstylist. And if at the end of the day you want to wash out all the products, sand and waves that's fine. Just remember to always use a conditioner. "Summer hair gets dirtier quicker," he says.

Top 3 fuss-free summer 'dos

Beachy. Blake Lively's long, loose layers are the ultimate beach look.

Pixie. A cropped haircut like Carey Mulligan's is low maintenance and will wipe years off your face.

Bob. Layered hair cut just above the neck, like Miley Cyrus, is non-committal and easy curl.

We fixed your hair, but the earrings are up to you GETTY IMAGES

Tommy Buckett's summer-hair essentials

Sachajuan Ocean Mist leave-in formula
$28
sachajuan.com

John Frieda Full Repair: Protecting Root Lift Foam
$6.49
johnfrieda.com

Kérastase Elixir Ultime
$54
kerastase.com

Oribe Dry Texturizing Spray
$39
oribe.com

Pantene Pro-V Root Lifter Spray Hair Gel
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pantene.com

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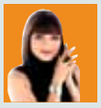

JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: What's YOUR idea of a cool Canada Day outfit?

@itsLydia_T
the famous jeans on jeans Canadian tux duh! hehe

@fknightevents
you would have to go quite a long way to beat #Kates Canada Day Ottawa outfit from last year!

@nancycdoyle
Red and white striped maxi dress and an oversized floppy white hat!

@kykylwe4
Egg shell rolled up Khakis, with Red Polo, and Tan Sperry-Top-Siders.

@Jeanne_Beker: Cdn fashion @TheMarilynShow incl @EDITbyJeanneB @ thehudsonsbayco + @gretconstantine Show airs July 2

@Jeanne_Beker: Fun bags made of old sail material by Sea Dog Bag Co. at Hubbards Mkt http://www.seadogbagcompany.com

@Jeanne_Beker: The peaceful view at Ocean Stone Resort near Peggy's Cove... www.oceanstoneresort.com

The Kit

Canadian street style

Spotted in: Toronto

Nicole Manek

Stylist, owner of Life of Manek, television host and ice cream profiler

Age: 100 ("I'm an old soul")

What she's wearing:
Vintage Rowe dress, Michael Kors watch, Little India bracelets, Alexander Wang purse, vintage Rose Clasp bracelet and Alexander Wang boots

Her inspiration:
"My style is always rock 'n' roll meets Rhoda!"

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What to pack for summer

Take the stress out of travel with a few key pieces. Here are three of this summer's suitcase essentials

METRO WORLD NEWS
life@metronews.ca

Saint James white blue levant T-shirt

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my-wardrobe.com

Ally Capellino Jimmy bag

allycapellino.com

Zara Denim chino trousers

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metro
METRO SPACES
Thursday, June 28, 2012

Special features inside Altitude homes will include nine-foot ceilings, and Grohe and Kohler fixtures. CONTRIBUTED

Altitude will have doorstep access to 1,400 acres of park, including trails for hiking and biking. CONTRIBUTED

A peek at the peak

Burnaby Mountain. Altitude will be part of the award-winning UniverCity community

STEPHANIE ORFORD
For Metro

Simon Fraser University has officially crossed over from being a commuter campus to a full-blown community, according to Michael Hungerford, a partner at Hungerford Properties, whose condo development Altitude will be starting construction on Burnaby Mountain this fall.

The burgeoning Burnaby Mountain community has grown leaps and bounds in the last 20 years, and real estate there is a shrewd investment, he said.

"It's got a real critical mass of community now," said Hungerford, whose father has been a longtime director on the board at SFU.

The SFU Burnaby Mountain neighbourhood now has retail, including grocery shopping, a daycare and an elementary school, he explained.

The university was a major factor that attracted Hungerford to the project. "For anybody investing in real estate, having links to higher education is a very wise and prudent investment decision," he said, explaining that universities do well in recessions and the rental market at SFU is very strong.

"You get comparable rents to Metrotown and Vancouver with real estate values that are significantly lower," he said.

SFU also tends to have a large number of students in the summer compared to UBC, for instance.

"Even for those buying for their own lifestyle use, it's nice to know you're buying an investment that has good income potential," Hungerford said.

Altitude will be the highest altitude development in Metro Vancouver. It's built on the highest piece of property on Burnaby Mountain, with 360-degree views that are "a wow experience," according to Hungerford.

Altitude will also have doorstep access to 1,400 acres of park, including trails for hiking and biking.

Getting places is fast-tracked thanks to bus routes from Burnaby Mountain to the Millenium SkyTrain line or direct to downtown.

The development is part of the award-winning UniverCity community and will run on a sustainable district energy hydronic heating system. Residents will benefit from lower operating costs and many environmental features built into the project.

Altitude was designed to be built sustainably and to be very energy efficient, but it's also beautiful.

Special features inside the homes include nine-foot ceilings, frameless glass showers, premium GE café and other energy efficient appliances, and Grohe and Kohler fixtures.

Altitude has high-quality specs relative to its pricing, said Hungerford.

"It's the opportunity to live in this little enclave within a bigger metropolitan area."

Meet the development

- **Developer:** Hungerford Properties.
- **Location:** 8955 University High St., Burnaby, (sales centre).
- **Prices:** $268,900 to $999,900.
- **Rooms and size:** One-, two- and three-bedroom homes range from 500 to 1,650 square feet.
- **Units:** The development's two towers have 95 and 115 units.
- **Status:** Construction is set to start later this year, with Tower 1 to be completed in late 2014.
- **Website:** hungerfordproperties.com/altitude

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*Buyer Bonus is for a limited time only; Developer reserves the right to modify or end bonus without prior notice. Building rendering is approximate only.

Bella Vita's townhomes feel more like roomy single-family homes, which are wider than most townhomes. CONTRIBUTED

Space to play, room to grow

Space has become a luxury for many Metro Vancouver homeowners, but if you know where to look, you can still find roomy, open homes that don't skimp on quality for reasonable prices.

Bella Vita townhomes by Gramercy Developments, set in Surrey's Clayton Heights neighbourhood, are one such enclave.

Bella Vita's townhomes feel more like roomy single-family homes, according to Paul Joyce, the development's sales manager.

The houses are wide relative to normal townhomes — 16 to 20 feet as opposed to the usual width of about 14 feet. And thanks to underground garages that leave more space above ground, many of the homes open straight into the main floor, rather than residents having to climb stairs from the front door to get to the living space.

The flex space in these homes is not the tiny closet-like space of other developments. Bella Vita's approximately 15-by-15 flex space can serve as a full media room, rec room, or even a bedroom.

These features make a huge difference to the feel of the place, Joyce explained.

"(Bella Vita homes) feel more like a home because they're more square as opposed to a long, skinny, bowling alley rectangular shape," he said.

"We're getting a lot of people moving out of Vancouver that really want to not live in a shoebox anymore," said Joyce. "They want space. They want a yard."

Townhomes may have primarily attracted new homebuyers 10 years ago, but now, because of high housing prices, Joyce is seeing a wider range of buyers looking to live economically, but in a place that still feels like a home.

Gramercy spent the extra time and money to install high-quality finishings at Bella Vita, said Joyce, citing the homes' quartz countertops in the kitchens and bathrooms, a soaking tub, gourmet stainless steel appliances, German-engineered laminate flooring, and other features.

The development's high-quality slop dash stucco exteriors and rock facade also differentiate them from other townhomes in the neighbourhood, said Joyce.

Ample green spaces surround the development, and a shopping area and well-known dog park are just a couple blocks away, walkable via Bella Vita's manicured walking trails.

"It's a really nice feel — very Vancouveresque where you can walk everywhere, but you have a little more space and it's much more affordable," said Joyce.

STEPHANIE ORFORD

Meet the townhomes

- **Developer:** Gramercy Developments
- **Location:** At 188th Street and 69th Avenue in Surrey.
- **Price:** $299,900 to $419,900.
- **Size:** 1,195 to 1,854 square feet.
- **Plans:** Two-, three-, three-bedroom and flex, and four-bedroom.
- **Units:** 53 townhomes, 12 remaining. All floor plans still available.
- **Status:** To be completed December 2012.
- **Website:** bellavitatownhomes.ca.

Picturing that perfect location

ON THE MARKET

Gemma Harris is a recent transplant from the U.K., looking for her first detached house in the upscale neighbourhood of Shaughnessy. She is bringing with her a healthy budget of $3 million.

As a world-class photographer, Harris would love a home with a darkroom to work in and a small yard for her adopted dog Diesel. Renovations are not something she wants to get into after a long distance move, but minor cosmetic upgrades would be acceptable. She has brought her best friend Pauline with her to help find that perfect space.

Here are three properties Harris should consider.

RYAN DELUCA IS A REAL ESTATE AGENT WITH SOTHEBY'S INTERNATIONAL REALTY CANADA.

1029 Nanton Ave. — Vancouver
$2,988,000

Listing agent Bryan Velve of Re/Max Crest Realty Westside says this six-bedroom, three-bathroom home spread over 3,040 square feet is the perfect fit for Harris. This partially renovated home has been meticulously updated in all the right places while still maintaining the perfect amount of 1920s character that Harris can't resist. The basement suite has never been rented and is in perfect condition to easily be altered into a photo studio. The stainless steel appliances and wood flooring also match nicely with her taste and means she will not have a lot of renovation work to do. The large yard is perfect for Diesel and its proximity to the city core makes the location of this home ideal.

4890 Hudson St. — Vancouver
$2,599,900

Falling well within Harris's budget, this six-bedroom, five-bathroom corner home is a great find. Just shy of 4,500 square feet, with a large rec room in the basement, there is plenty of space for a photo studio, and plenty of room to create a darkroom for development. With stunning views of the city and mountains, there will be no lack of inspiration here. Should she choose, Harris could even turn the basement into a revenue producing suite with its own entrance. Listing agent Ruthie Shugarman with Dexter Associates Realty also points out that with lots of heritage features, marble accents in the master bath and a wonderful four-season garden for the dog to play in, this home should be a serious contender.

5212 Granville St. — Vancouver
$2,688,000

With five bedrooms and four bathrooms, this 3,791-square-foot executive house maintains a timeless Cape Cod style. Situated on a large corner lot, this home is set back far from the street, which keeps the interior quiet from noise pollution. According to Pauline, there is plenty of room in the basement suite with great potential for Harris's photography studio and darkroom. Hardwood flooring, a Straus crystal chandelier, central air conditioning and satellite TV are just some of the incredible upgrades according to listing agent Morley Lercher of Re/Max Select Properties. The home is also mere blocks from some of the best shopping and dining that Vancouver has to offer.

Bits & Bites. Homebuilders respond

PETER SIMPSON
For Metro

Federal Finance Minister Jim Flaherty recently announced rule changes for federally insured residential mortgages, including reducing the maximum mortgage period to 25 years from 30 years.

Although Flaherty says his move will reduce the interest payments families make on their mortgages, helping them build equity in their homes more quickly and pay off their mortgages sooner, fewer buyers will qualify for mortgages, particularly in high-priced housing markets such as Vancouver.

Ron Olson, the president of the Ottawa-based Canadian Home Builders' Association, said the shorter amortization period will reduce housing demand by eroding affordability.

"For those who would otherwise have selected a 30-year amortization, it will take additional income each month to service new mortgage debt. Some potential new homebuyers will no longer qualify, and this will disproportionately affect younger first-time homebuyers," Olson said.

"The minister said he would pay close attention to the results of his policy. He must be prepared to take action should the results be more dramatic or negative than anticipated, and he should reconsider the new mortgage rules if evidence shows they result in market instability," Olson said.

Olson said if Flaherty wants stability in housing markets, and that housing affordability is the key to that objective, the federal government must take immediate action to work with other levels of government to reduce government-imposed costs on new homes, including adjustments to federal GST thresholds for the New Home Buyer Rebate. "That would have the same effect as shorter amortization rates, as it would also help Canadians build equity in their homes," Olson said.

Trio of economic predictions

Housing economist Peter Andersen recently made three predictions worth watching: 210,000 national housing starts this year; national economic power will shift to Western Canada; and Canada has economic momentum but will experience slow growth (two per cent) in 2013 and 2014.

Underground cash economy

When it comes to dodging taxes and participating in the underground cash economy, Canadians are neophytes compared to Greeks. According to the Reuters news agency, annual tax evasion in Greece is estimated at $55 billion, one-fifth of its $270-billion economy. I hope a recovery is in the cards.

Britco a B.C. success story

Rick McClymont and David Taft, who recently sold Britco Structures, just celebrated their 35th year as partners. Both were presented with commemorative art from Coast Salish artist Jody Broomfield. Britco, which again built the spectacular PNE Prize Home, is a true B.C. business success story.

Habitat high on builder list

Builder magazine recently published its America's Largest Builders 2011 list. Interestingly, Habitat for Humanity International, with 4,970 closings and $1.6 billion in gross revenue, is listed as the sixth largest builder.

PETER SIMPSON IS THE PRESIDENT AND CHIEF EXECUTIVE OFFICER OF THE GREATER VANCOUVER HOME BUILDERS' ASSOCIATION. EMAIL HIM AT PETER@GVHBA.ORG.

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Grilled Shrimp Tacos go from food-truck staple to dinner-table fare

Whether you prefer your tacos hard and crunchy or lean more to the softer side, this grilled shrimp filling perfect for a summer barbecue will leave you satisfied.

Shrimp cook quickly, especially on the intense heat of the grill, so be sure to prep your other ingredients ahead of time and set out a buffet of toppings and tortillas. Then just toss the shrimp on the grill and in minutes you'll be enjoying summer just a little bit more.

Ingredients

- 1 lb extra-large shrimp
- Salt and ground black pepper
- 1 tbsp ground cumin
- 2 medium red onions, sliced
- 1/2 cup chopped celery
- 4 plum tomatoes, chopped
- 1 chipotle pepper in adobo sauce, minced
- 2 cloves garlic, minced
- 1 avocado, peeled, pitted and diced
- Juice of 1 lime
- 1/2 cup low-fat sour cream
- 1/4 cup chopped cilantro
- 8 taco shells or 6-inch tortillas

1. Heat the grill to high.

2. Place the shrimp in a large bowl. Season with salt, pepper and cumin, then toss to coat evenly.

3. Divide the shrimp among 6 skewers, threading them evenly without crowding them on the skewers. Do the same for the onions.

4. Using an oil-soaked paper towel held with tongs, lightly oil the grill grates. Grill the shrimp for 2 minutes per side and the onions for 5 minutes per side.

5. Chop the grilled red onions and place in a medium bowl. Stir in the celery, tomatoes, chipotle pepper and garlic. Season with salt and black pepper. Set aside.

6. In a small bowl, toss the avocado with the lime juice. In another small bowl, stir together the sour cream and cilantro.

7. To serve, set the shrimp, red onion salsa, avocado and sour cream on the table with the taco shells or tortillas. Diners can assemble their own tacos.

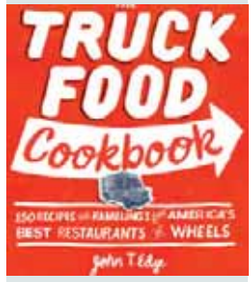
THE ASSOCIATED PRESS

Grilled Shrimp Tacos

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Book of the week

Street eats love



The best street food is bold, delicious, surprising, over-the-top and eatable on the run. And the best part is now you can make it at home.

Researched by John T. Edge, The Truck Food Cookbook delivers 150 recipes from America's best restaurants on wheels from L.A. and New York to Portland, Austin and more. Hundreds of full-colour photographs capture the lively street food scene and its hip and funky aesthetic.

The resulting menu includes eats such as: Crawfish Pies, Calexico Carne Asada Tacos, Falafel and Egg Hoagies, Cheesesteak Sandwiches, Sweet Potato Cupcakes, Kalbi Beef Sliders and more. METRO

Easy bathroom upgrades

Decor ideas. It's a small space with infinite possibilities — why not give your loo a little love?

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: I can't do a full-on renovation of my 12-year-old condo bathroom right now, but I would like to give it a mini-makeover to add more comfort and style. What can I do?
Deirdre Miller, London, Ont.

A: With any short-term decoration project I always recommend going dramatic; this gives you the biggest bang for your buck and creates some drama to tie you over until you can do a full reno.

Here are some ideas and great products that are homeowner-friendly and provide big impact in your bathroom.

I suggest using most of your budget on neutral-coloured products and having fun with punchy towels or small accessories on a smaller budget. This gives you longevity, and it will stay in style until you are ready to make big changes.

Shower with ease: Turn a standard tub into a flexible shower spa with the Hydrorail by Kohler. Choose whichever showerhead works for your comfort and install it easily over your existing tile. It's a great way to turn your tub area into a personal retreat without renovating the entire tub and shower. It'll be dollars spent on just you and your comfort. Cost: $450 to $1,700.

Peel and stick: I love the fun peel-and-stick tiles offer for a kitchen backsplash or in a bathroom. Smart Tile's Carbon Mosaik sheets are made of a gel that make the tiles look 3D. Easy to cut and maintain, simple peel-and-stick tiles on an entire wall in the bath (outside of shower area) creates a trendsetting look and a high-end focal wall. Cost: $250 to $500.

Modern Accessories: With a modern towel rod, shower curtains and hooks will instantly improve and update the look of the bathroom. I like the brushed steel and square designs of Crate and Barrel's Brushed Steel Wall Hooks as they appear to be much more high-end than their price. Try adding two in the shower area for personal towels and one on the back of door for a luxe robe. Cost: $100 to $200.

Go tall: Mounting an outside shower curtain at ceiling height and hanging a long decorative drape hides the shower area, and adds a sense of height to the bathroom while making the room feel like a powder room for guests. Use a synthetic fabric for your drape, and of course use a separate shower curtain liner behind the drape to protect it. Cost: $100 to $300.

Spa Feelings: Little touches like candles, wastebaskets and rugs create that spa feeling when needed. Try to choose accessories that are both decorative and useful; that way guests won't feel like they've invaded your private spa space. I love the smooth pebble mat from CB2; it massages the feet and adds a cool touch when getting out of a warm shower. Cost: $100 to $400.

Kohler's Hydrorail Column, $441 and up KOHLER.CA

Single Brushed Steel Wall Hook, $17 CRATEANDBARREL.CA

Smart Tiles' Carbon Mosaik, $11, HOMEDEPOT.CA

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metro
SUMMER FUN
Thursday, June 28, 2012

The summer is the best time to enjoy the great outdoors and take the family camping. ISTOCKPHOTO/THINKSTOCK

Vacation under the stars

Camping 101. Nothing says summer like camping and spending time in the great outdoors

YLVA VAN BUUREN
For Metro

There's nothing more Canadian than camping ... sleeping in a tent and spending time around a campfire in the great outdoors. Whether you are new to Canada or you've just never pitched a tent before, with the hot summer forecast this is the perfect year to try it out. But before you go looking for a campground, there are certain skills and helpful equipment you should know about.

The camping essentials, says Steve Hardie, camping manager at Canadian Tire, consist of everything you need for sleeping, eating and finding your way around in the dark (flashlights, lanterns and camp fires).

"The most important things are that you are comfortable, equipment is easy to use and you enjoy your experience," says Hardie. For example, Canadian Tire has a four-person tent that goes up in less than one minute.

Helpful tips

Learn to Camp App

- Parks Canada Learn to Camp App provides tips, advice and all the information you need to plan and enjoy your first camping trip. There are recipes, checklists and tips for experienced campers. Download the app for free at pc.gc.ca/media/ltc-dlc/index.aspx.

"It's important to remove any intimidations you might have about camping," says Maureen Shenher of the Learn to Camp program at Elk Island National Park in Edmonton.

The Learn to Camp program offered by both Parks Canada and Ontario Parks in different locations across the country can help. It provides online resources, information sessions (at libraries and other public places), and guided overnight camp-outs that include all the camping equipment, how-to information, and the actual experience of camping. The fee is $64.

When participants arrive in the morning, they learn how to set up a campsite. The afternoon is for exploring the campgrounds. And everyone helps to put dinner together. "Then we show them how to build a campfire and make s'mores, of course," says Lori Waldbrook with Ontario Parks.

Someone may bring a guitar and have a singalong, or there may be a fun game such as listening to "night sounds" and guessing what they are (tree frogs, loons, etc.)

It's all about making it fun and taking away any fears someone might have about the outdoor experience.

For more, visit pc.gc.ca/media/ltc-dlc/ltc-dlc08.aspx for Learn to Camp experiences with Parks Canada.

Why camp?

- The great outdoors
- Affordable vacation
- Family time
- Change of pace
- Fun with friends
- Get away
- It's fun
- It's different
- Outdoor activities
- Back to nature

Coleman Instant Tent, 4-Person, $179.99, left, and Coleman Electronic Ignition Grill Stove, $99.99, top, all available at Canadian Tire, canadiantire.ca.

Susur Lee. TORSTAR NEWS SERVICE

Cooking over an open fire

Make your day at an urban park or week at a national park deliciously good!

Singapore-style beef shish kebabs grilled to perfection and plated with lightly charred grape tomatoes, sliced zucchini and mushrooms and garnished with grilled red chili pepper and fresh lime ... it sure doesn't sound like a campsite meal.

But new camp stoves and other equipment along with adventurous menu ideas mean campers can go gourmet under the stars.

"Camping is so much about sharing the romance of the outdoors with your friends and family," says celebrated chef Susur Lee. All you need is a good cooler, camp stove and a surface to work on, and then "there's really not much difference to cooking here and cooking in the kitchen," says Lee.

Equipment such as easy-to-clean non-stick grills (just clean them with a cloth), compact propane grills with instant even heat, and bug covers for food will help.

Make at least one dish at every meal that your family loves and, of course, cut corners and eat locally grown foods when possible, says Lee.

The one herb you should always have on hand? Basil, says Lee. It's so versatile. One way to use it: Slice fresh tomatoes, add salt, lemon juice and basil ... and you have a great salad.

YLVA VAN BUUREN

Were you born to grill?

Firing up the BBQ. Celebrity chef Rob Rainford provides tips to make barbecue season a success

YLVA VAN BUUREN
For Metro

There's nothing like a backyard barbecue to bring friends and family together, says Canadian chef and grill expert Rob Rainford.

Rainford, who teaches at George Brown College and is the chef at Gossip restaurant in Toronto, says when he is entertaining he will often cook a chicken or a tenderloin — "so I'm not completely straddled to the barbecue, and I can spend time with guests, too." But he is happy cooking a steak or burger to order as well.

Here is how to grill the Rainford way:

• Keep one part of the grill hot and the other at a lower temperature. "Then, depending on the cut of meat, you can sear it on both sides on the hot side, then finish the cooking process more gently on the cooler side of the grill."

• Always bring meat to room temperature before you grill to ensure even cooking.

• To keep meat or fish from sticking to the grill, wipe the cooking grates with vegetable oil before putting food onto them. Also, and this is most important, maintain a high temperature and leave the meat alone for the first 30 to 45 seconds.

• Use a water spray bottle to extinguish flare-ups from dripping juices from the meat. But it may also be better to move the meat to the lower heat side of the grill and finish cooking it that way.

• Watch the food you are grilling at all times. If you are slow grilling — the barbecue is at 100 C (220 F) — you can walk away but be sure to check it every half-hour.

• Let meat rest (even burgers) for about 10 minutes under tented foil before serving.

Celebrity chef Rob Rainford. CONTRIBUTED

FLAVOUR TIPS

• Grilled Greens: "I always add a grilled element to salads to add that barbecue flavour," says Rainford. For example, he will take scallions or leeks and grill them quickly and put them into a tossed green salad.

• Smoke It: Consider using wood chips in your barbecue and adding a smoky flavour. There are different kinds depending on what you are grilling. Flavourful woods such as hickory and mesquite go well with ribs while sweeter woods such as apple or cherry are recommended for tuna or chicken.

• Add Some Heat: Rainford, who has Jamaican parents, says you can jazz up any recipe by adding a tablespoon of Jerk sauce to the barbecue sauce you use (he includes recipes in his cookbook).

Recipe. Rob Rainford's Fired-Up Chicken Wings

Ingredients

- ½ cup (125 ml) canola oil
- ¼ cup (60 ml) Jerk Marinade (see Rainford's Staple Recipes in his book)
- 2 tbsp (30 ml) chili powder
- 2 tbsp (30 ml) onion powder
- 1 tbsp (15 ml) garlic powder
- 1 tbsp (15 ml) smoked paprika
- 1 tbsp (15 ml) freshly ground black pepper
- 1 jalapeno chili (for less heat, seed the chili)
- 1 tsp (5 ml) kosher salt
- ½ tsp (2 ml) ground ginger
- 2 lbs (1 kg) chicken wings

1 Combine the canola oil, jerk marinade, chili powder, onion powder, garlic powder, smoked paprika, black pepper, jalapeño, salt and ground ginger in a large bowl.

2 Add the chicken wings and toss to coat evenly. Refrigerate for at least 2 hours or up to 24 hours.

3 Fire up your charcoal. You need a medium-high grilling temp of around 350 F (180 C). Prep the grill for cooking over direct heat. If using a gas barbecue, preheat one side to medium-high and turn the other burner off so you can finish grilling the wings on the cooler side of the grill if they start to char.

4 Remove the wings from the marinade, shaking off the excess. Pat the wings dry with paper towels.

5 Grill the wings, turning often, for 20 to 30 minutes or until golden and the juices run clear. (If using a kamado-style grill, the wings need to be turned just once, halfway through cooking.)Makes two main-course servings; 10 appetizer-size servings.

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YOUR SUMMER STAIN REMOVAL GUIDE
Handy tips to help you get through the stains of summer.

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4 SPORTS

NHL

"We are not going to be focusing on winning, winning, winning to the point that it suffocates us and we squeeze our sticks."

New Edmonton Oilers coach Ralph Krueger, who promised a plan to get inside the heads of his young scoring phenoms to keep them loose and make them believe. The Oilers signed Krueger, the associate coach last year, to a three-year deal. He replaces Tom Renney, who was let go as the team's 10th head coach last month.

THE CANADIAN PRESS

On the web

Should there be a rule for how much grunting is acceptable during a tennis match? The women's tour thinks so and is working on a plan to "drive excessive grunting" out of the sport. Scan the code for the story.

Spain players celebrate victory over Portugal Wednesday in Donetsk, Ukraine. LAURENCE GRIFFITHS/GETTY IMAGES

Spain wins despite sputtering offence

Euro 2012 semifinal. Cesc Fabregas scores decisive penalty to send Spaniards to final

Still not pretty to watch, still just as effective.

Spain failed to dazzle yet again at the European Championship, but still advanced to its third straight major championship final by beating Portugal 4-2 in a penalty shootout on Wednesday following a 0-0 draw after extra time.

"We're playing better in defence than what the characteristics of our players would suggest," Spain coach Vicente del Bosque said. "That's what earns victories."

After earning plaudits for the eye-catching one-touch passing that helped Spain win titles at Euro 2008 and the 2010 World Cup, this year's team is struggling to create chances. Against Portugal, the defending champions managed only one shot on target in regulation time.

It didn't matter, though, because the Spanish still came through when it mattered. Cesc Fabregas, who came on as a substitute in the second half of regulation time, scored the deciding penalty after Bruno Alves had hit the crossbar for Portugal moments earlier.

"I played poorly, but the team worked really hard," Fabregas said. "I had this intuition that we could advance if we went to penalties and that's what we did."

Spain will next face either Germany or Italy on Sunday in the final at the Olympic Stadium in Kyiv.

Cristiano Ronaldo had several chances for Portugal, but he sent three shots well over the bar as his team held its own for the entire match. The Real Madrid star, who came alive with three goals in his last two matches at Euro 2012, did not take a penalty in the shootout. He had been slated to take the fifth one, but he never got that far.

THE ASSOCIATED PRESS

Game plan

Italy plans all-out attack

Italy coach Cesare Prandelli has some questions over his lineup for Thursday's European Championship semifinal with Germany. There's no question, though, over what type of match his team will play.

Despite facing the tournament's most impressive squad thus far, Prandelli promises his team will attack at will.

THE ASSOCIATED PRESS

Ryder Cup

Love chooses longtime friends as assistant captains

U.S. captain Davis Love III selected a pair of longtime friends, Fred Couples and Mike Hulbert, as his assistants for the Ryder Cup. He said Wednesday they will help him choose his two other assistant captains for the Sept. 28 to 30 matches at Medinah.

European captain Jose Maria Olazabal has not announced his assistants.

THE ASSOCIATED PRESS

NBA

Crapshoot in draft after Hornets use first pick on Davis

Once Anthony Davis slips on a Hornets hat above basketball's most celebrated eyebrow Thursday night, the NBA draft really starts.

Davis will head to New Orleans with the No. 1 pick, even if the college player of the year is reluctant to guarantee it.

After that, nobody can be sure what will happen.

THE ASSOCIATED PRESS

NHL

Stanley Cup set for busy summer

Thirteen American states, five Canadian provinces and its first-ever visit to Slovenia. The Stanley Cup will soon embark on a busy summer tour with the Los Angeles Kings.

One of the greatest rewards that come with winning the iconic trophy is getting the opportunity to host it for a day.

THE CANADIAN PRESS

Raonic moves on with straight-sets victory

Milos Raonic returns a shot against Santiago Giraldo at Wimbledon on Tuesday. PAUL GILHAM/GETTY IMAGES

It took two days, but 21-year-old Canadian Milos Raonic is through to the second round at Wimbledon.

Raonic advanced with a 6-4, 6-4, 6-4 win over Colombian Santiago Giraldo on Wednesday. He joins Aleksandra Wozniak as the only Canadians left in Wimbledon singles after the first round.

Raonic led 2-0 and was about to serve for the match Tuesday night before rain and darkness forced officials to stop play. Raonic only needed 80 seconds to close out play Wednesday, setting up a second-round meeting with American Sam Querrey on Thursday.

The Thornhill, Ont., native said he treated Wednesday's short stint as a "practice session."

Raonic was playing at the All-England Club for the first time since slipping and hurting his hip in a second-round match against Gilles Muller at last year's tournament. He was forced to retire from that match and remained sidelined until October after requiring surgery.

THE CANADIAN PRESS

Quoted

"They do brief you beforehand. I guess you don't do anything stupid. You behave."

Roger Federer on playing under the watchful eyes of Prince Charles and the Duchess of Cornwall, who visited Wimbledon for the first time since 1970. Federer defeated Fabio Fognini 6-1, 6-3, 6-2 on Wednesday. He visited with the Royal couple afterward for several minutes.

Primo Sports Soccer Academy conducts week long Summer Camps

Professional European coaches, UBC and SFU coaches, and their scouts, are putting on unique soccer camps in the Vancouver area. At Burnaby Lake West (Turf #1) on Monday, July 2nd to Friday, July 6th from 9 a.m. to 12 noon, and at the Surrey Newton Athletic Park (Stadium) from Monday, July 9th to Friday, July 13th from 9 a.m. to 12 noon.

Local youth players will have the chance to learn and develop their skills from working with highly qualified professional coaches, and to showcase their talent to professional scouts from professional European teams and leading Canadian Universities.

Associated Sports Management (asmsoccer.com), a leading North American sports agency, will also be at the Primo summer camps scouting for talented local players and future stars.

What stands Primo Sports Soccer Academy apart from the rest are their highly qualified professional coaches, small coach to player ratios and their connections in the soccer world. All ambitious soccer players looking to improve their game, pursue professional or college playing careers should register now to participate.

Primo Sports Soccer Academy coaching staff:

Blackburn Rovers Coach - Alan Smart
- 15 years of Professional playing experience in England and Scotland
- Played in English Premier League
- Holds UEFA's A coaching license
- Currently coach and scout for the English Premier League Team -Blackburn Rovers

Carlisle United FC Coach - Tony Caig
- Played for Newcastle United in English Premier League
- Was the starting keeper and the goalkeeper coach of Vancouver Whitecaps FC
- Tony also played for Houston Dynamo in the Major League Soccer, played for Blackpool Rovers, Charlston Athletic, and Carlisle United in England's top leagues, he also played for Gretna and Hibernian in the Scottish Premier League.
- Currently first team coach and scout at Carlisle United FC in England's League 1.

Greenock Morton - James Dohertyw
- Played 10 years professionally in England and Scotland.
- Full time Scottish Football Association Regional Coach
- Former Youth team coach at Scottish giants Kilmarnock FC.
- Currently coach and scout at Greenock Morton FC in Scotland's Division 1.

University Of British Columbia - Srdjan Djekanovic
- Played 9 years professionally in North America and Europe.
- First person ever to play for all 3 Professional Canadian Soccer Teams (Vancouver Whitecaps, Toronto FC, Montreal Impact)
- Played for Canada's U20 and Canadian Senior National Soccer Team
- Assistant Coach and Goalkeeper Coach at the University of British Columbia.

Simon Fraser University - Nour Fathy
- Former Vancouver Whitecaps W-league team coach
- Coach of Mountain United U16 and U18 boys teams
- Assistant coach at Simon Fraser University

Douglas College – Rob Toor
- Assistant Coach and Scout at Douglas College

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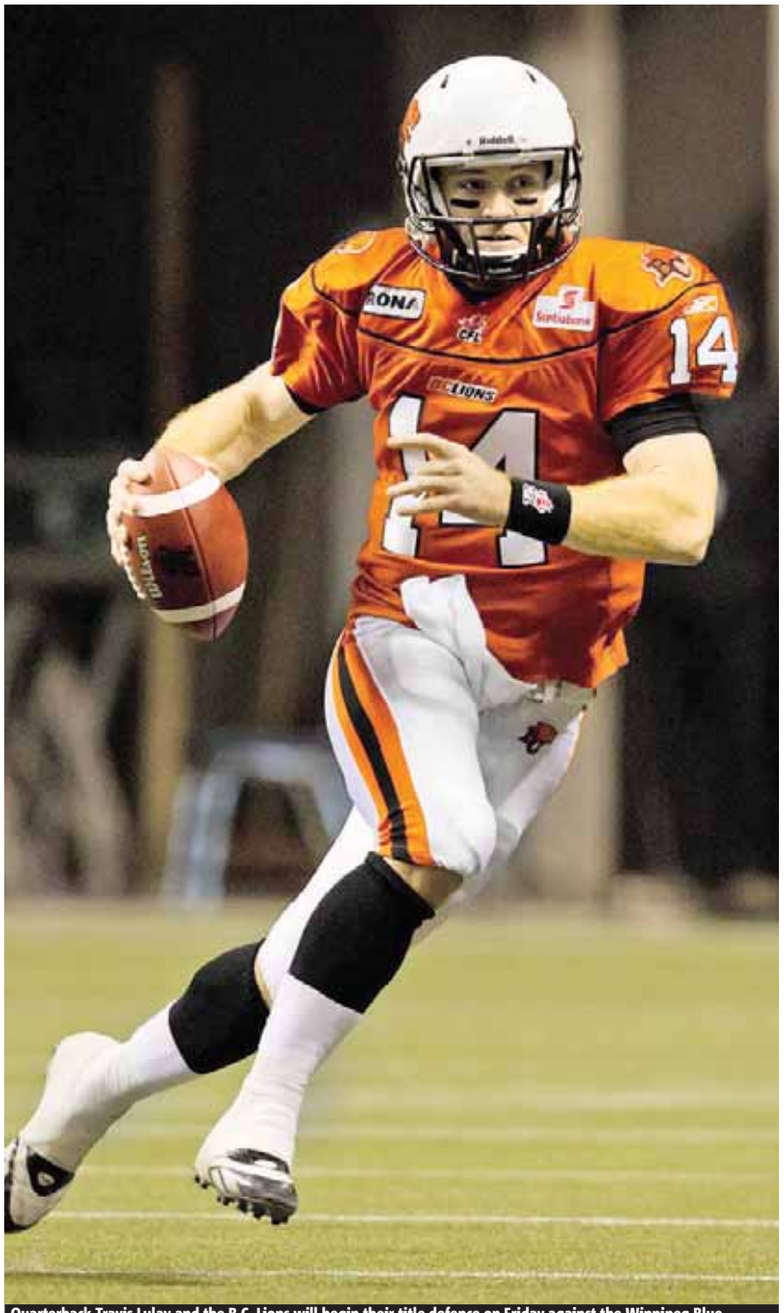


Quarterback Travis Lulay and the B.C. Lions will begin their title defence on Friday against the Winnipeg Blue Bombers at BC Place. It will be a rematch of last season's Grey Cup game. DARRYL DYCK/THE CANADIAN PRESS

Lions make crucial few roster changes

CFL. Though core is intact, new players like Jabar Westerman and Lin-J Shell will play prominent roles

According to an Angus Reid survey, the B.C. Lions are doing "the right thing" as the 2012 CFL season approaches.

No, this survey wasn't conducted by the well-known pollster. It's an ongoing study by the Lions' insightful starting centre, also named Angus Reid, who has reached his findings simply by looking around the locker-room.

With most players working on one- or two-year contracts, it is increasingly difficult for CFL clubs to keep their rosters together over the long-term, he contended. But the Lions are doing the right thing by being an exception to the rule.

"We're keeping our players intact," he said. "We reward our players (with) new contracts. We keep our fans knowing who our stars are year in and year out."

He based the comment on recent campaigns, but it is especially true this season. Although Mike Benevides has replaced Wally Buono as head coach, the Lions have few new faces as they prepare for Friday's Grey Cup rematch against the Winnipeg Blue Bombers at B.C. Place Stadium.

"Our team might have a new coach, but the B.C. Lions are still the B.C. Lions that you know," said Reid. "Yeah, Benny brings his own signature to it, but the reality is, almost every assistant coach is the same.

"Almost all the players are the same. Our support staff is the same."

All of B.C.'s offensive starters have returned and most defensive and special-teams players are back. But the Lions have still made some significant changes.

Mike Reilly, who only took six snaps last year, has moved up to being the backup behind starter Travis Lulay, the CFL's most outstanding player last season. The Lions also have a new No. 3 quarterback in rookie Thomas DeMarco.

On the defensive line, rookie Jabar Westerman, the second pick in this year's CFL draft, will play a prominent role as he rotates among six players, replacing retired star defensive end Brent Johnson. Meanwhile, sophomore Adam Bighill is the starting middle linebacker after winning the spot from four-year veteran James Yurichuk in training camp. Bighill replaces Solomon Elimimian, a standout in two seasons who departed for the NFL. Yurichuk, a former weak-side linebacker, is also expected to see extensive action as a variety of defensive schemes are deployed.

In the secondary, former Toronto Argonauts Lin-J Shell and Byron Parker, who both signed as free agents, join a dominant veteran crew.

Such tinkering will always occur, said Reid. But the Lions have fixed the problems since their roster was rebuilt in 2010 and 2011.

"We have the chance to be the best Lions team I've ever been a part of," said Reid, who is entering his 12th season. "The talent level is fine, the continuity is great, the characters on this team are good, the personalities are good, the blending is good, we don't have cancers.... Everybody's here with the right purpose and intention, and that's very rare to find in professional sports."

Defensive lineman Khalif Mitchell, who opted to return to B.C. after initially agreeing to terms with the Miami Dolphins, said the Lions are a comfortable and confident team, especially on defence.

THE CANADIAN PRESS

Slow out of the gate

The Lions will look to avoid a repeat of last season's 0-5 start and a 1-7 mark experienced at the outset of the 2010 season.

Quoted

"We're certainly not where we want to be right now. We're at Week 1, so we have a lot of work to get done."

Mike Benevides, head coach of the B.C. Lions

Zelinka won't rule out hurdles at Olympics

Jessica Zelinka may be Canada's busiest track-and-field athlete in London.

The Canadian record-holder in the heptathlon has posted a couple of world-class times in the 100-metre hurdles this season as well, and her coach Les Gramantik says Zelinka hasn't ruled out racing in both events at the London Games.

The 30-year-old from London, Ont., sprinted to a speedy 12.76 seconds in the hurdles on Day 1 of the heptathlon at the Canadian Olympic track-and-field trials Wednesday, matching the time she ran last month in winning the Harry Jerome Classic in Burnaby.

Jessica Zelinka
SEAN KILPATRICK/THE CANADIAN PRESS

"Right now honestly it has to be a very interesting decision to do a hurdles race in London as well as heptathlon," Gramantik said.

The only Canadian quicker this season in hurdles is Olympic bronze medallist Priscilla Lopes-Schliep, whose 12.64 is fifth-fastest in the world.

Zelinka scored 3,982 points to lead the heptathlon after Day 1 — topping her first-day score at the Beijing Olympics, where she finished fifth in a national-record performance.

THE CANADIAN PRESS

One Arm Bandit

Humby nominated for Espy Award

Canadian kickboxer Baxter (One Arm Bandit) Humby has been nominated for best male athlete with a disability in the Espy Awards.

Humby, a native of Winnipeg who now makes his home in Los Angeles, is missing a right hand as a result of his arm being caught on his mother's umbilical cord and severed while in the womb.

He is the current International Muay Thai Council world super-welterweight champion.

THE CANADIAN PRESS

NHL. NHLPA ready for CBA negotiations

Poised and confident. Calm and ready.

There wasn't the slightest hint of tension in the air as the NHL Players' Association wrapped up executive board meetings Wednesday and shifted its attention to the imminent negotiation of a new collective bargaining agreement.

"We're ready," said Don Fehr, the NHLPA's executive director.

"The players are ready, I'm sure the owners are ready. It's time to start."

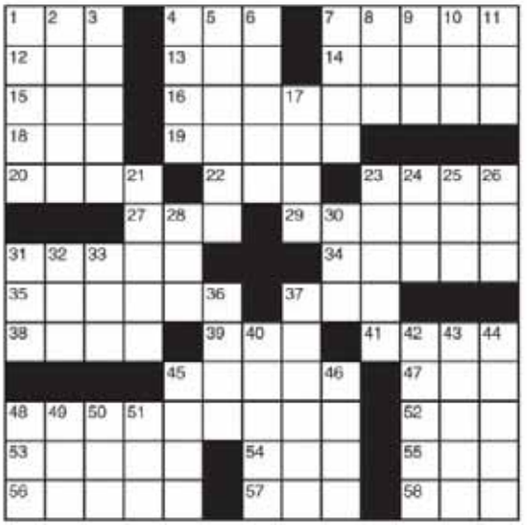
The first formal session will be held Friday in New York. The sides also have plans to meet again late next week and are expected to continue holding regular sessions until a new deal can be hammered out.

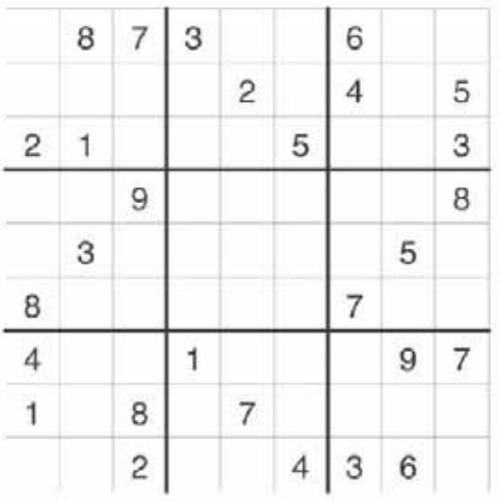
On Wednesday, Fehr unveiled a 31-player negotiating committee that includes a true cross-section of the union's membership: Recognizable faces in Henrik Zetterberg, Shea Weber and Shane Doan; journeymen in Dominic Moore, Alex Auld and Craig Adams; and even John Tavares, who is only 21 years old and just completed his entry-level contract.

The current deal expires Sept. 15. THE CANADIAN PRESS

Across
1 Sphere
4 Monokini's lack
7 Pair
12 Chum
13 Rowing need
14 Comic actor Atkinson
15 Big bother
16 Pennants
18 "Flying Down to —"
19 Push
20 Grant's place
22 Ram's ma'am
23 Remark re Yorick
27 Corn spike
29 Governor
31 Tease goodnaturedly
34 Substantial
35 Taxpayers' fears
37 Baltimore newspaper
38 TV's Batman
39 Prune
41 Story
45 Leg bone
47 Crib
48 Startling headlines
52 Conclusion
53 Pile up
54 "Of course"
55 Past
56 Lips
57 Former flier
58 Do some landscaping

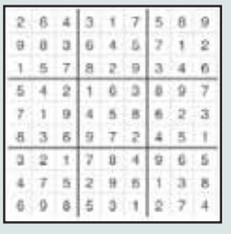
Down
1 Dizzying designs
2 Sirius medium
3 Flourish
4 Employer
5 Newsman Dan
6 Quiver occupant
7 Scottish slope
8 CD- —
9 Shock partner
10 Jam ingredient?
11 Navy rank (Abbr.)
17 24/7
21 Suit
23 Rep
24 Meadow
25 Pismire
26 Pigs' digs
28 Sternward
30 Aussie coat of arms beast
31 Cornfield noise
32 Shade
33 Billboards
36 Svelte
37 Steeples
40 Follows orders
42 Perpendicular, at sea
43 Chuck Woolery's GSN show
44 Be philanthropic
45 Little bits
46 Helper (Abbr.)
48 Yon maiden
49 Massachusetts cape
50 Tatter
51 Before





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Yesterday's Crossword

Cryptoquip

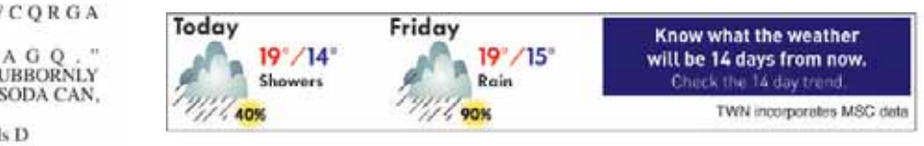
How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SBG XCQIGMSGQ AOAM'S IHS GMJHDB YSCWIY JM SBG ICXRCDG, YJ OS DJS WCQRGA "QGSHQM SJ YCMAGQ."

Yesterday's Cryptoquip: IF A GUY STUBBORNLY REFUSED TO LET GO OF HIS METAL SODA CAN, MIGHT YOU CALL HIM TIN-ACIOUS?

Today's Cryptoquip Clue: A equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Horoscope

Aries | March 21 - April 20. Your confidence may be high today but you would be wise not to let your enthusiasm get the better of you. It may turn people against you.

Taurus | April 21 - May 21. What changes can you introduce to make your life more exciting? Give it some thought and when you come to the conclusion, draw up a plan.

Gemini | May 22 - June 20. The only danger now is that you will focus on one aim to the exclusion of everything else and miss out on other possibilities. Don't switch off the world around you.

Cancer | June 21 - July 22. Partners and colleagues are in a talkative mood and some of the things they have to say will not only be interesting but could even help your career.

Leo | July 23 - Aug. 22. You have a lot on your plate at the moment but the lion's share of your work is for the benefit of other people. That needs to change.

Virgo | Aug. 23 - Sept. 22. Planets are tempting you to make big claims for yourself, which could lead to problems when others discover you lack relevant experience.

Libra | Sept. 23 - Oct. 22. What happens today may seem chaotic but if you stand back and take a broader perspective of the situation you will see there is a pattern to events. Rise above petty issues.

Scorpio | Oct. 23 - Nov. 21. A change of scene will do you a world of good. The more you are on the move, the more likely it is you will discover something, or someone, that makes life worth living again.

Sagittarius | Nov. 22 - Dec. 21. You may have to use a bit of muscle to get what you need today but watch out you don't annoy someone whose assistance you will need in the very near future.

Capricorn | Dec. 22 - Jan 20. Make big plans for the next few days — the bigger the better. What happens next week will help you turn your plans into reality.

Aquarius | Jan. 21 - Feb 18. You may be held back by circumstances beyond your control but don't fight it — go with the flow.

Pisces | Feb. 19 - March 20. The Sun in Cancer boosts your confidence but there is a danger today that you could get carried away and say or do something that upsets an authority figure you need to get along with. **SALLY BROMPTON**

Caption Contest

"I taught Gene Simmons this."
Matthew

THE AMARILLO GLOBE NEWS, MICHAEL SCHUMACHER/THE ASSOCIATED PRESS

Win!

You write it!

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35% discount now applies to gold sold by weight.

Ladies' 14kt white gold ring with 0.29 ct diamond in 4-claw setting and 8 full cut diamonds (0.16 cttw), 2.6 grams
Appraisal value: $1,900.00
J&M Regular Price $759.00
J&M Sale Price $493.00

Ladies' 18kt gold ring with 7.52 mm Akoya cultured pearl and 6 full cut diamonds (0.18 cttw), 8.0 grams
Appraisal value: $2,200.00
J&M Regular Price $1,055.00
J&M Sale Price $685.00

Ladies 14kt yellow gold cluster ring featuring 10 marquis cut rubies (3.28 cttw) and 20 full cut diamonds (0.32 cttw)
Appraisal value $3,850.00
J&M Regular Price $1,739.00
J&M Sale Price $1,130.00

Pair of 14kt yellow gold pierced earrings, each set with a cabochon cut garnets (5.30 cttw) accentuated by full cut diamonds (0.04 cttw), 6.4 grams
Appraisal value $1,100.00
J&M Regular Price $439.00
J&M Sale Price $289.00

14kt yellow gold ring with triangular cabochon cut ritulated quartz accented by 8 diamonds (0.12 cttw), 13.8 grams
Appraisal value: $2,000.00
J&M Regular Price $635.00
J&M Sale Price $413.00

14kt white gold slide pendant featuring 5 princess cut diamonds (0.64 cttw) surrounded by 29 full-cut diamonds (0.36 cttw) with 14kt white gold 18" modified fox tail link chain, 9.1 grams
Appraisal value: $2,600.00
J&M Regular Price $1,099.00
J&M Sale Price $715.00

18kt white gold bracelet, polished finishing, chess-style diamond cut pattern links, 18.21 grams
J&M Regular Price $1,490.00
J&M Sale Price $968.00

14kt gold bracelet with 36 diamonds (1.08 cttw)
Appraisal value: $6,200.00
J&M Regular Price $2,789.00
J&M Sale Price $1,812.00

Ladies' 14kt yellow gold dual strand rope style bracelet with five faceted amethysts (4.12 cttw), 11.6 grams
Appraisal value: $1,850.00
J&M Regular Price $759.00
J&M Sale Price $494.00

Ladies 18kt white gold classic ring featuring a 0.36 ct diamond SI-2 F and 13 baguette/tapered baguette diamonds (0.41 cttw), 3.5 grams
Appraisal value: $2,900.00
J&M Regular Price $1,339.00
J&M Sale Price $870.00

14kt two-toned mens' wedding band, 7.3 grams
J&M Regular Price $473.00
J&M Sale Price $377.00

Ladies' 18kt white gold featuring 16 round brilliant cut diamonds in a square cluster (0.52 cttw), 5.6 grams
Appraisal value: $1,900.00
J&M Regular Price $869.00
J&M Sale Price $565.00

Ladies 14kt white gold ring featuring a lively blue 6.56 ct cabochon cut sapphire, 7.9 grams
Appraisal value: $2,000.00
J&M Regular Price $1,229.00
J&M Sale Price $798.00

Ladies' 14kt rose gold ring featuring a 25.0/18.0mm cabochon cut aventurine quartz surrounded by tree rows of twisted wire detailing, 13.3 grams
Appraisal value: $1,350.00
J&M Regular Price $659.00
J&M Sale Price $429.00

.950 platinum band, 4.69 grams
J&M Regular Price $565.00
J&M Sale Price $365.00

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